

30 years of progress:

The National Naval Medical Center has been designed to be the most modern service hospital and medical center in the world," said the Sunday Star newspaper in April 1941. When the Center was commissioned on February 5, 1942, participants at the ceremonies said that the design was successful.

Since that day, 30 years ago, the "march of medicine" has continued at a doubletime pace. Hardly a day goes by without reports of medical "breakthroughs." Many of the breakthroughs over the past three decades were the result of work by people here at the Center.

A "Bone Bank" was established here in 1949. It was the first one in the Navy, and utilized the technique of freezing bone from donors until it could be used in transplants. The method required expensive freezers and other equipment, and was mostly used in large medical centers. In 1951 the Bank began experiments using a freeze drying process that allowed the storage of bone at room temperature, eliminating the need for big freezers, and permitting convenient shipment of tissue to wherever it was needed.

Blood vessels, heart valves and other items were added to the materials stored in the Bank, and the name was changed to the Tissue Bank. Researchers at the Tissue Bank had hoped that the freeze drying process would "improve" the length of time tissue could be stored. It now appears that the process may preserve the tissue indefinitely.

The freeze drying of tissues, as developed here, has become the standard method throughout the world.

Prior to World War II, people needing artificial eyes were given glass eyes that were available in "standard" sizes. Since few people are "standard," the eyes were usually ill fitting and caused pain to the wearer. Also, the eyes would break easily if dropped. Rare glass used in making these eyes came from Germany, and the supply was cut off with the beginning of the war.

Because the prosthetics people at the Naval Dental School (now called the Naval Graduate Dental School) were experienced in working with plastics, they took on the task of developing an artificial eye. The result, in 1945, was an eye that was far superior to the old glass eye. The plastic eye was custom fitted to each recipient, and matched the muscles of the socket so well that the artificial eye moves in coordination with the good one. The iris of the artificial eye is painted by hand to exactly match the good eye in color and appearance. In fact, the only way to detect the artificial eye is to observe that the iris opening does not

change with changes in light levels. Because of the superiority of the artificial eye developed here, it is now in common use throughout the world.

The offices of most dentists are now equipped with an instrument that was developed here in 1960, the high speed drill. Called an air turbine handpiece, it was the result of a research project by two people at the Dental School. Turning at 300,000 rpm, it generated much less vibration than the old drill did at 4,500 rpm. The reduced vibration made control of drilling easier, and reduced pain levels in the patient.

The people at the Dental School developed a dummy to use in first aid training for dental technicians. It simulated injuries such as broken bones, cuts, and objects caught in the throat. The dummy had an

designator was trained here, and then assigned here as an instructor.

NMRI personnel, working with the Office of Naval Research, participated in many balloon flights. One of these flights, Strato-Lab V, established world records at the time by reaching an altitude of 113,500 feet. It was the largest balloon used in a manned flight, the first manned balloon ascent from the deck of an aircraft carrier, and the highest ascent by man in an open gondola.

A NMRI scientist developed a method for taking three dimensional (holographic) movies through a microscope, of the blood vessels of a live animal in a pressure chamber undergoing simulated underwater dives.

The Naval Medical School here developed several unique training programs. One, called

missing, a metal crib is packed with particles of the patient's bone and bone marrow, and then inserted in place of the missing jaw bone. When the entire jaw must be replaced, a freeze dried jaw is drilled with small holes which are packed with marrow. In both cases, new bone begins to grow, combining with the old bone, and soon the patient has a new, solid jaw bone.

High velocity bullets used in the Asian conflict have resulted in the loss of large (6 to 8 inch) segments of long bone. In the past, this loss would have meant amputation of the arm or leg, but surgeons at NMRI have developed techniques to replace the entire missing piece of bone with a graft, restoring the use of the limb to the person.

Tendon grafts in repair of hand injuries, were largely unsuccessful in the past, until

facilities here have changed constantly, and few spaces here are still used for the same purposes as when the Center began 30 years ago.

Temporary buildings, constructed during wartime expansion, have given way to modern buildings, either expanding services, as in the outpatient services, or providing for new technology, as in the Radiation Exposure Evaluation Laboratory. In 1963 a completely new operating suite was opened. A new cardiac catheterization lab was built in 1968, and recently a new intensive care unit began operation.

Staff welfare was the driving force behind several of the additions to the Center. The Special Services building was completed in late 1945, offering a gymnasium, swimming pool and other recreation facilities for Center personnel. In June 1954 the Stone Lake Recreation Center was opened, providing the staff here with a place to relax with their families. In March 1963 the Bethesda Chapel was opened.

In 1968 construction was completed on Bachelor Enlisted Quarters No. 50 replacing a temporary barracks that was over 20 years old.

Changes in medicine prompted the creation of several additional commands here since February 5, 1942. A few months after the Center was commissioned, the Naval Medical Research Institute was completed, and research began on medical problems unique to the Navy.

In July 1942, a course in hospital management was begun in the Hospital here for warrant officers and temporary officers in the Hospital Corps.

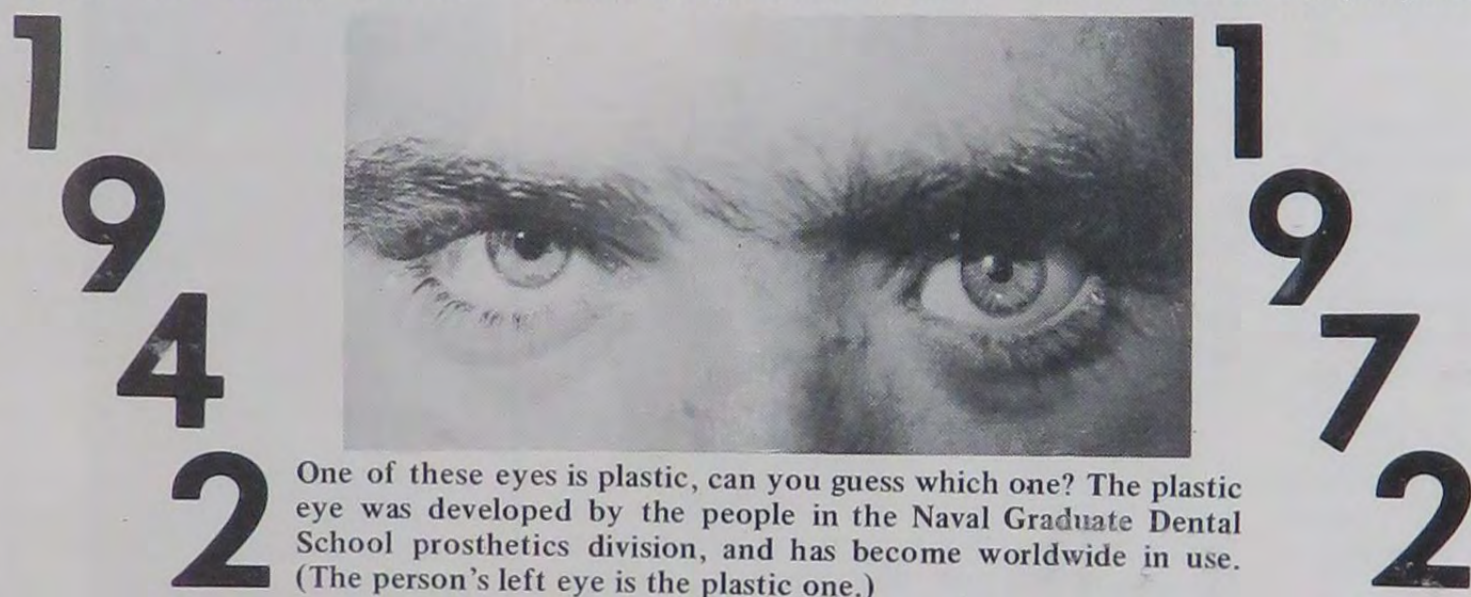
In July 1943, the course was redesignated as the Hospital Corps Officers' School. In August 1945, the School was disestablished and the Naval School of Hospital Administration was created as a separate command. Eventually the School became the first command billet for Medical Service Corps officers. In March 1970, the name of the School was changed to the Naval School of Health Care Administration.

April 1959 brought the creation of the Navy Toxicology Unit. Its mission was to find solutions to problems of toxic substances in closed environments, such as in nuclear submarines and large aircraft carriers.

The increasing development of nuclear power plants and weapons generated the creation of the Armed Forces Radiobiology Research Institute, in May 1961, to find how man would be affected by radiation, and to develop radiation as a tool in patient care.

The Naval Medical Data Services Center was moved here in 1966 from the Bureau of Medicine and Surgery, where it had been established in 1965.

World-wide patient care better due to pioneering at NNM



One of these eyes is plastic, can you guess which one? The plastic eye was developed by the people in the Naval Graduate Dental School prosthetics division, and has become worldwide in use. (The person's left eye is the plastic one.)

artificial blood supply that was piped to the various wounds to simulate bleeding. A commercial firm soon began making and selling these dummies calling them "Mr. Disaster." Mr. Disaster is now used all over the country by the Red Cross, Civil Defense agencies, and the Armed Forces to teach first aid.

Telemetry, a term constantly heard in the manned space flight program, was first performed in this country by researchers at the Naval Medical Research Institute here. In 1953, NMRI investigators recorded the heart sounds, respiration, pulse, and brain waves of a pilot in a jet fighter during flight. This was the first time physicians could monitor a person's physiological condition without the subject lying down in a clinical situation.

Although not as world-wide in effect, many other firsts have outlined the history of the Center.

When the Center installed a cobalt 60 therapy unit in June 1957, it was the first in the District of Columbia area, and the first in the Armed Forces. In October of that year, the Center installed the nation's first all-medical nuclear reactor. In 1958, the first training program in nuclear nursing in the United States was begun here. The course covered radioisotope therapy, and handling of radiation casualties. In 1969, the first corpsman in the Navy to gain the combined physical and occupational therapy

the Global Medicine Series, was a number of packaged training courses each one dealing with a subject of interest to military medical personnel. Many of the programs in the series were devoted to tropical medicine. Each package contained a videotape or movie, a slide lecture, and reference materials and could be used in either group or self-instructional programs.

Another program was developed to train medical personnel in handling casualties of nuclear, biological and chemical warfare. Originally presented by a team of doctors from the school, the NBC program was developed into a package of materials that can be shipped where needed, and then presented by personnel at the receiving point.

Adequate medical care for the people of the Republic of Vietnam was the aim of the Military Provincial Health Assistance Program (MILPHAP). The Medical School conducted courses for MILPHAP teams consisting of doctors, Medical Service Corps officers and corpsmen. Each team would be trained here as a group, then sent to Vietnam, where they trained the Vietnamese doctors and nurses.

NMRI investigators have developed new procedures as a result of their work in the care of combat casualties. Gunshot wounds have destroyed the mandible (jaw) of many persons. The NMRI scientists have developed methods to help these people to grow a new jaw. If part of the jaw is

NMRI surgeons developed a new technique. Instead of removing a natural sheath that surrounds the tendon, the NMRI surgeons freeze dry tendons with the sheath. After transplantation, scarring that previously occurred on the tendon, immobilizing it, now occurs on the outside of the sheath, allowing the tendon to slide freely on the inside.

Collaborative efforts between NMRI and the Surgical Research Unit in Vietnam, have resulted in new techniques in determining the selection and volume of life saving fluid to be given to combat casualties. Additional advances have been made in treating massive infections and pulmonary complications in these casualties.

Many of the research projects at NMRI were concerned with the Physiological and behavioral reactions of men in the space program, and in underwater sea lab experiments. In 1966, a doctor at NMRI became the first physician to dive to 100 fathoms (600 feet) and the team he was with was the first to perform work at that depth.

The record of accomplishments here has helped the Center earn its reputation as one of the finest medical centers in the world. Perhaps that reputation is the reason that several U.S. presidents, including Richard M. Nixon, have chosen the Center for their medical care while in office.

To keep up with the rapid advances in patient care, the

Alcoholism

Alcoholism is an illness. It is serious. It is widespread. It is treatable.

Alcoholism is also ignored -- by alcoholics, by people who are becoming alcoholics, by people who are friends or co-workers of alcoholics. But that is changing.

Alcoholism has been a problem since alcohol was first distilled. But only recently was it recognized as what it is. Not until the 1950's did the World Health Organization and the American Medical Association designate alcoholism an illness. Before this recognition, alcoholism was the subject of many myths, some of which are still believed. One myth is that the alcoholic is a real man, a two-fisted drinker, a guy who can hold his liquor with the best of them. Another myth is that the alcoholic is a bar-fly, a moral derelict, someone to be shunned and outcast.

Alcoholism is not a badge of manhood, nor a sign of moral decay. It is an illness. It should not be admired, deplored or hushed up; it should be treated.

How serious is alcoholism? It can be fatal. It can also ruin lives; those of the alcoholic and the people who are close to him.

How widespread is alcoholism? The National Institute of Mental Health estimates there are nine million alcoholics and problem drinkers in the United States. It estimates that the number of family members affected by alcoholism total 36 million. The best estimate of the extent of alcoholism in the Navy is contained in a report entitled "Alcoholism Among Military Personnel," which was sent to Congress November 2. That report estimated that between 4% and 8% of all military personnel are alcoholics. In order to have a figure to work with, the report made a conservative assumption that the actual rate is 5%.

If that assumption is correct, and it is the best available, there are 30,000 alcoholics among the 600,000 men and women now in the Navy.

For comparison, and another view of how widespread the problem of alcoholism is, 54,621 Navy personnel had undergone a urinalysis to test for drug usage as of December 10. Of that 54,621, only 173 had a positive reaction, which indicates drug usage. That is a rate of about .3 of one per cent. To put it another way, only one out of every 315 Navy personnel tested were found to be drug abusers.

Compare this with the estimate that one out of every 20 Navy personnel are alcoholics, and then remember that is a conservative estimate. Drug abuse has been labeled, and is, a very serious problem. Then how serious and widespread a problem is alcoholism?

Is alcoholism treatable? Yes, but not if it is ignored. Treatment can begin only after the alcoholic recognizes that he is sick. Treatment can be effective only after the people around



the alcoholic recognize that same fact. They should not condemn an alcoholic as a social derelict any more than they would condemn a person with cancer or a heart condition.

In most cases, alcoholism is a progressive illness, getting slowly but steadily worse over a number of years. Early recognition of the problem is a great help in its treatment in these cases.

How do you recognize alcoholism? An alcoholic is generally defined as any person whose indulgence in alcohol continuously or periodically disrupts, or threatens to disrupt, his work or normal relations with his family or society.

How effective is treatment of alcoholism? There is no medical cure for alcoholism. But the person suffering from it can totally arrest the illness. He can then lead a completely normal life, with one exception -- he must not indulge in alcohol.

The Navy, as the rest of society, has only recently recognized alcoholism as an illness and decided to do something about it. There is now a Navy Alcohol Abuse Program underway. A Naval Alcoholic Rehabilitation Center with beds for 70 patients has been operating in Long Beach since 1967. A second rehabilitation center, with facilities for 75 patients, is due to open at Norfolk in January. Alcoholic rehabilitation units are being set up in Naval hospitals with the first due to open at Philadelphia shortly. Also, the Navy is looking for former alcoholics who will volunteer for collateral duty as alcoholic counselors.

But perhaps most important in the Navy's plans for combatting alcoholism is the change in attitude about alcoholism. It is no longer something to be shoved under the rug, spoken about only in whispers, or otherwise hushed up or played down. Alcoholism is now recognized as a serious, widespread illness that should be treated.

Chaplain's Corner

Patience

by Chaplain H.D. Johns

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." These words hang framed in my office where I see them every day, but it was not until a summer day in Japan that I came to know what they really mean. These words speak not only of wisdom, they speak of patience. They say that patience is the better part of wisdom.

The Tofukuji Temple in Kyoto is an ancient temple devoted to the practice of Zen. Although there is no simple definition of Zen, its practice certainly involves the ideals of patience and serenity. One June day I spent an important morning of my life talking with an ancient priest of Zen Buddhism in his living quarters within the compound of Tofukuji. For more than two hours we discussed the philosophy of Zen and the similarities and differences in Eastern and Western thought, but the conversation grew tiring because of the difficulties of translation and the oriental mystery of Zen. I sat on the Tatami facing a beautiful garden and found my concentration slipping away to fasten on a stone lantern which stood a little apart from a small group of pines and shrubs. It was a lovely old lantern but it had a flaw about it. One of the shelf stones had been tipped ever so slightly to one side giving an overall imbalance to an otherwise perfect picture. Although I did not recognize the actual imbalance in the picture I was seeing, I suddenly realized as I looked and listened to the venerable old priest that I was trying to straighten my mental image of the lantern--to make it erect and completely perfect in my mind's eye. In so doing I was fastening my attention not upon the beauty of the lantern but upon my own need to set it straight. Although this did not tell me what Zen is, it certainly spoke of what Zen is not. In the afternoon we were taken by Mr. Tanaka, a serious devotee of Zen, to visit the Katsura Detached Imperial Palace, a scene which few westerners have had the opportunity of seeing and one which many Japanese in Kyoto would never be able to see. It was Mr. Tanaka's first visit, also.

But it was raining and all during the lunch hour I worried about the rain spoiling the obvious pleasure that our host was having in showing us the lovely views of Kyoto. I reckoned without Mr. Tanaka's patience. For we saw the Katsura Detached Palace and we saw it in the rain. And rather than apologize for the inconvenience of the rain, Mr. Tanaka obviously found the experience enhanced by the realization that we were having a treat made more rare by the softness of the color-tones in the beautiful garden of the detached palace--a softness which was the direct result of the overcast sky, like a picture slightly underexposed so that the colors are rich and full. So the Katsura Detached Palace stood out on this rainy afternoon. And Mr. Tanaka and we walked and relaxed in this lovely garden in the rain without an apology nor a complaint. "God grant me the serenity to accept with such enthetic participation the things I cannot change."

So that afternoon I learned a lesson I shall never forget. A lesson in patience as taught by Mr. Tanaka, a busy man, who had taken an afternoon to show his american guests a lovely view and was not disturbed by an imperfection in the day.

There is one more chapter to this story. Before going to Japan I had studied conversational Japanese but I began a formal study of the language in Japan. At first I found myself quite upset by inconsistencies in Japanese grammar. And then one evening I re-read the preface to Professor Naganuma's Basic Grammar. In this introduction he said an amazingly simple thing that ties this story together. It was this. Said Mr. Naganuma: "Do not be disturbed by what seems to be illogical. Learn to face facts as they are, for after all, that is the only thing you can do." This is the art of patience. I hope I shall continue to learn it, because I am convinced that the words of an ancient Japanese proverb are necessary to a serene life: "Five pounds of patience are worth a bushel of brains."

NNMC NEWS

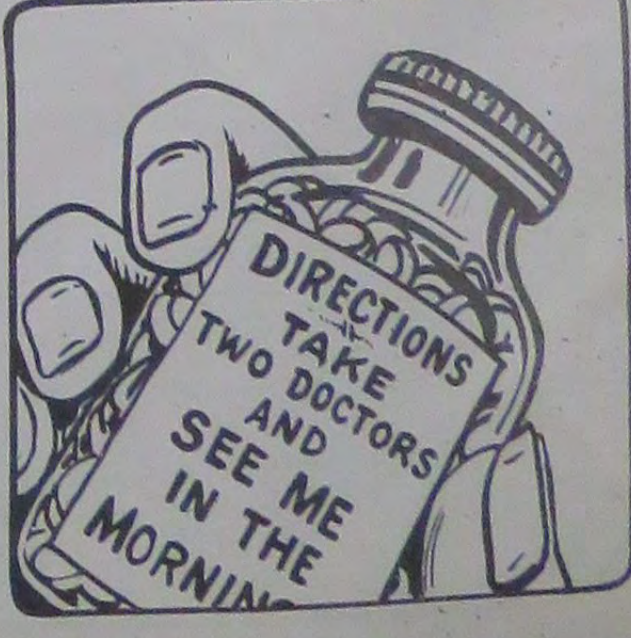
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Wheaton man donates rare blood here

First the bad news. LCdr Charles E. Kaessinger, USN (Ret.), of Wheaton, Md., has a rare blood type, group "Bombay," and if he needed a transfusion it would be difficult to get blood of his type.

Now the good news. The Blood Bank here is helping LCdr Kaessinger, and all others of his blood type, to make sure that the blood will be ready if needed.

On November 28, LCdr Kaessinger donated his first pint of blood here. It has been frozen and will be stored until it is needed by him or any other group "Bombay" person in the world. He will give blood every two months, up to a maximum of five times a year.

At present the American Association of Blood Banks (AABB) donor file only lists 30 group "Bombay" people in the United States. That is about one for every ten million persons.

"Bombay" blood is group "O" blood that is completely lacking the "H" factor (one of 246 blood factors). It was discovered in Bombay, India, in 1952.

Other members of the "Bombay" group (as

well as people in about 50 other rare blood groups) are also donating blood at blood banks near where they live. When a rare blood type is needed the AABB is contacted. It maintains lists of all known persons with each type, as well as the names of the blood banks that are storing frozen rare blood.

LCdr Kaessinger discovered that he had the rare blood type when his sister was arranging to have elective surgery. The hospital she was at found that her blood was not compatible with common blood types. A sample of her blood was sent to the AABB reference laboratory, where it was identified as "Bombay."

When the AABB discovered this, they asked LCdr Kaessinger's sister to contact the other members of her family and have them get their blood checked. LCdr Kaessinger came here for testing in August, and the Blood Bank identified his blood as also being "Bombay." Samples were sent to four other blood banks to confirm the findings, then arrangements were made to have LCdr Kaessinger donate his blood for freezing.



Charles E. Kaessinger gives his first pint of rare, group "Bombay" Blood.

TV used in suicide therapy

The Psychiatry Department of the Hospital here is conducting a study using television in treating patients admitted here following suicide attempts. This is the first study using television videotapes in this manner, and the American Psychiatric Association (APA) has asked the Department to make a half day presentation at the APA annual convention in Dallas this May.

According to LCdr W.T. Davison, of the Psychiatry Department, the use of videotape recall is particularly applicable in suicide therapy, because the patients frequently deny that any psychiatric problems exist, and within a week of the attempt deny that they had any suicidal intent. This denial makes psychotherapy difficult or impossible.

Dr. Davison and HN Peter Christopher are on call 24 hours a day in case a patient is brought here for emergency care following a suicide attempt. When they are notified that a patient is being brought in, they hurry to location (usually the emergency room) with a portable videotape unit. The use of stomach pumps, transfusions, or other lifesaving techniques used on the patient, are recorded on videotape.

When the patient is admitted to the Psychiatry Department for treatment, his initial psychiatric interview is also recorded on

videotape.

After initial testing, patients begin "Mileu" therapy which has three facets: living in a therapeutic community with other psychiatric patients; group therapy; and individual therapy.

At an appropriate time in the patient's therapy, determined by Dr. Davison, the patient is shown an edited, 10-minute portion of the videotape of his admission. During the showing of the tape, the patient's galvanic skin response is monitored. His response to seeing the tape is also videotaped as is his family's response to seeing the tape.

Seeing the medical treatment necessary to sustain the patient's life, according to Dr. Davison, makes it almost impossible for him to deny the seriousness of his actions, thus facilitating psychotherapy.

Dr. Davison and HN Christopher have been working on the study since July. So far they have developed the methodology and applied it to about 15 patients.

Working with Dr. Davison as co-principal investigator, is Dr. Harvey L.P. Resnik, chief of the Center for Studies for Suicide Prevention at the National Institute of Mental Health, Bethesda, Md. Lani Waiwaiole, of the Medical School Television Section, has made the technical arrangements for the project.



RAdm. Felix P. Ballenger, commanding officer of the Center, congratulates his son Charles on his appointment as Ensign in the Navy. Ens Ballenger was sworn in by his father upon graduating from the Naval Officer Candidate School in December. He is currently under instruction at the Fleet Operational Intelligence Training Center in Norfolk, Va. When he finishes his training there, Ens Ballenger will serve with the Fleet Intelligence Center, Atlantic, in Norfolk.

Pediatric seminars here

Military and civilian pediatricians, from as far away as Patuxent River, Md., came to the Center to attend a two day seminar. Cdr David W. Bailey, chief of the Pediatric Service here, said that the seminar was well received, and plans are underway for another one next year.

The speaker for the Pediatric Visiting Professor Seminar was Dr. Sydney S. Gellis. Dr. Bailey called Dr. Gellis, "One of the world's best known and most respected pediatricians."

Dr. Gellis is a professor, and Chairman of Pediatrics at Tufts University, New England Medical Center in Boston, Mass.

HMC DePoma gets medal

HMC Joseph F. DePoma, has received the Navy Achievement Medal for his "superior professional achievement...while serving...in the Republic of Vietnam." In connection with combat operations against the enemy, DePoma served as the senior medical representative with Headquarters and Service Company, Force Logistic Support Group B.

The medal was presented to HMC DePoma at a ceremony here. He is presently assigned as the Chief Petty Officer in Charge of Preventive Medicine.

The citation accompanying the medal cited DePoma's "consistently high level of efficiency," and read, in part, "Demonstrating superior leadership qualities and vast technical skill, he quickly reviewed the administrative and supply operating procedures and implemented new methods increasing the efficient operation of the four widely separated aid stations, thereby contributing significantly to superb medical care available to the Group."

"Working tirelessly and with a deep concern for the health and welfare of the Vietnamese people, Chief Petty Officer DePoma was instrumental in



HMC DePoma

establishing a highly effective Group Medical Civic Action Program which provided adequate treatment and care for the civilian populace."

HMC DePoma was also cited for his achievements as Senior Medical Representative for Headquarters and Service Company, Battalion Aid Station, which was his second duty station in Vietnam. "He continued to distinguish himself by skillfully supervising two aid stations and ministering to over two thousand Marines."

Outstanding sailors cited



HM2 Woodward

HM2 Charles R. Woodward was selected as Sailor of the Quarter for the Naval Medical Research Institute.

The award is given on the basis of leadership, dedication to the Naval Service, military bearing, and willingness to assume responsibilities outside the normal requirements of duties assigned.

Capt Tor Richter, commanding officer of NMRI, said to HM2 Woodward, "While you fulfilled all the criteria (for the award), I should especially like to cite your willingness, indeed insistence, on working extra hours until the job at hand was completed to your satisfaction. A recent example of this attitude was your accomplishment in performing tuberculin testing for this Command. By so doing, you have set an example for all of us, and have earned the respect of the entire staff."

"Your continuing efforts to educate yourself have included the Navy's objectives as well as your personal goals. By independent study, you have earned accreditation for, and assignment of Navy Enlisted Classification 8412, Clinical Laboratory Technician."

"Your excellence is further attested by your recent selection as First Class Petty Officer. The Navy is fortunate to have, and needs more, men of your caliber."



DT2 Rose

DT2 Elmer L. Rose has been selected as Dental Technician of the Quarter beginning January 1, by the Naval Graduate Dental School.

DT2 Rose heads the Removable Partial Denture Section of the Prosthetic Laboratory. In a letter of commendation Capt. William C. Wohlfarth, commanding officer of the School, cited Rose for fulfilling his responsibilities "with remarkable dexterity and industry...."

"Your skill and versatility has resulted in the fabrication of excellent products," Captain Wohlfarth said. "In addition to outstanding technical abilities, your outgoing personality and cheerful disposition have been instrumental in maintaining the high morale of your co-workers."

Leroy, as he is known to his co-workers at the School, spends some of his spare time on the Navy Exchange Advisory Board from which his "comments and recommendations have been well received."

Leroy enlisted in the Navy in March of 1968 shortly after he received his draft notice. He was attending Howard University at the time. He has been at NNMC since January of 1970, and has just recently reenlisted for another four years.

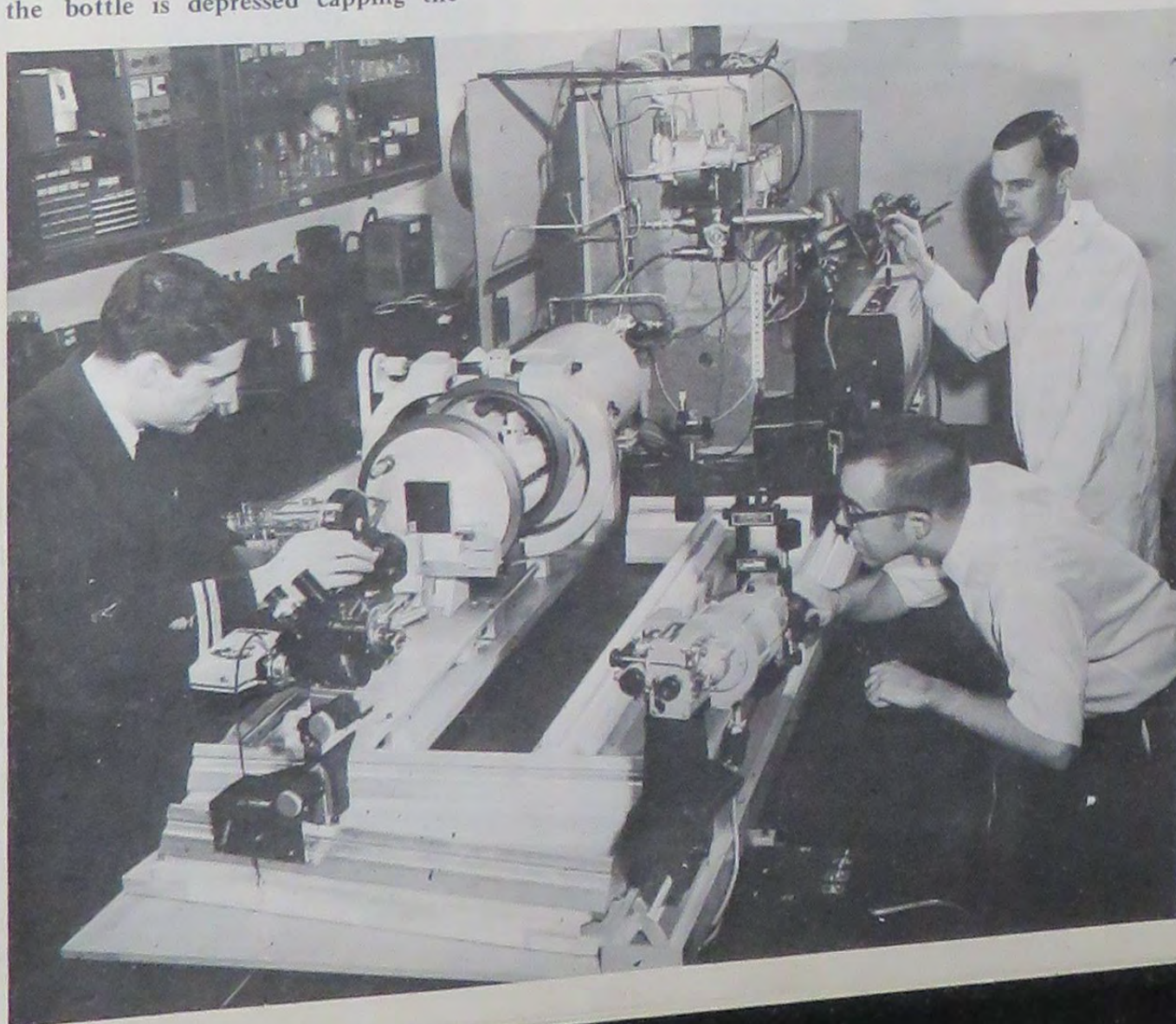


Investigators at NMRI attach electrodes from telemetry equipment to a Navy pilot. NMRI physicians were the first in the U.S. to monitor a person's physiological condition using telemetry. (Circa 1953)



A Tissue Bank worker draws a vacuum on a jar containing freeze dried tissue. The probe at the right of the picture produces a purple spark when a vacuum is present. When the vacuum is adequate, the plunger on the top of the bottle is depressed capping the

bottle. Modern freeze drying equipment caps the bottles automatically during the freeze drying process. Freeze drying tissue for preservation was developed here. (Circa mid-1950's)



NMRI investigators prepare the holographic microscope for an experiment. Lt Richard G. Buckles, left, and his sister developed the microscope in cooperation with the University of Michigan. (Circa 1969)



With the opening of the Cardiac Catheterization Laboratory the Hospital here became the first in the Navy to be able to take movies of a catheterization procedure from two planes simultaneously.



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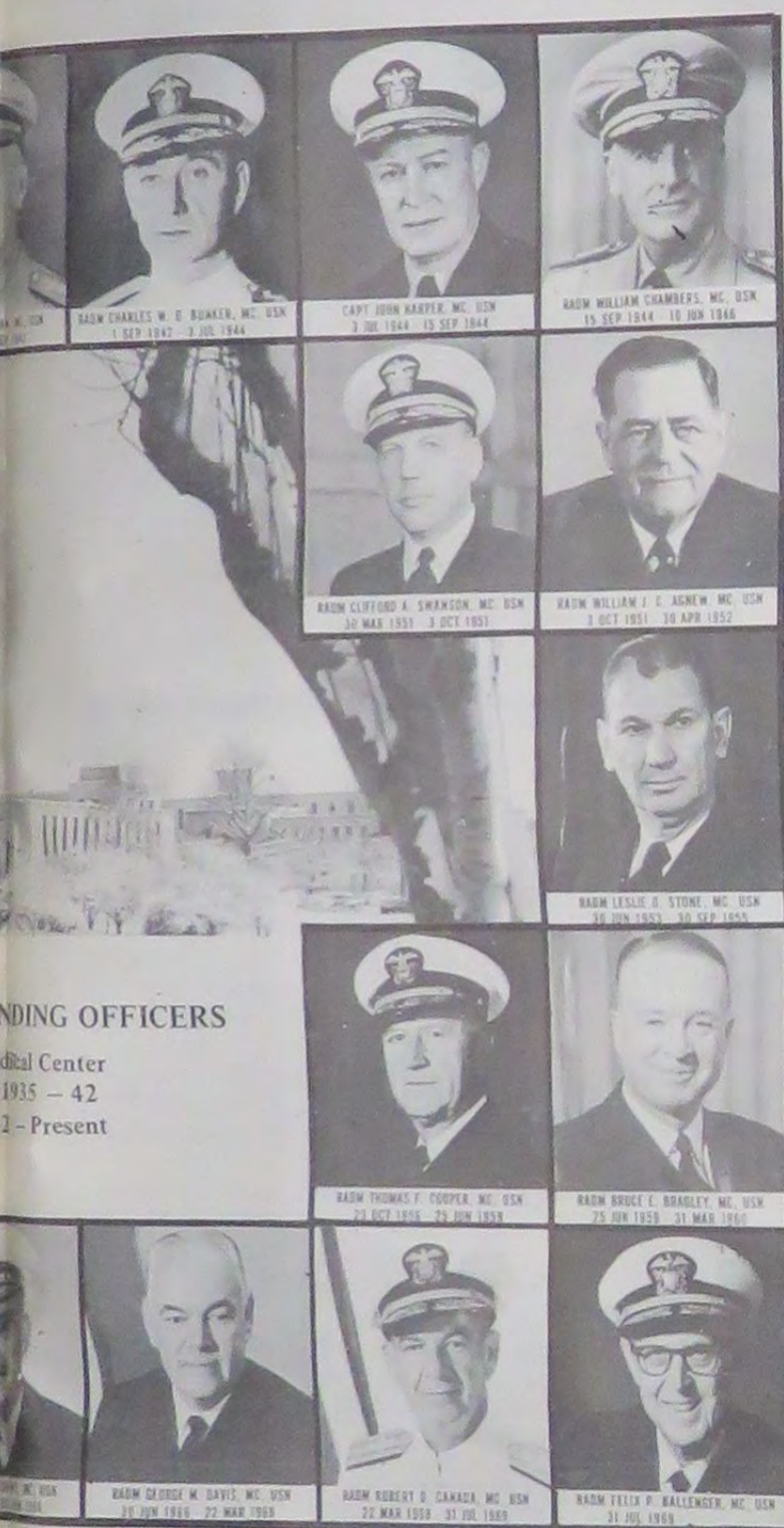
National Navy
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"Designed to

These pictures represent but
pioneered here over the past 30
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Paul H. Tanner, of the Naval Dental School, left, and RADM Curtiss W. Schantz, then assistant chief of the Bureau of Medicine and Surgery (dentistry), examine the pioneer model of the air turbine handpiece developed here. The drill is on display at the Smithsonian Institution in Washington, D.C. Tanner was co-inventor of the drill.



ENDING OFFICERS
Medical Center
1935 - 42
2 - Present



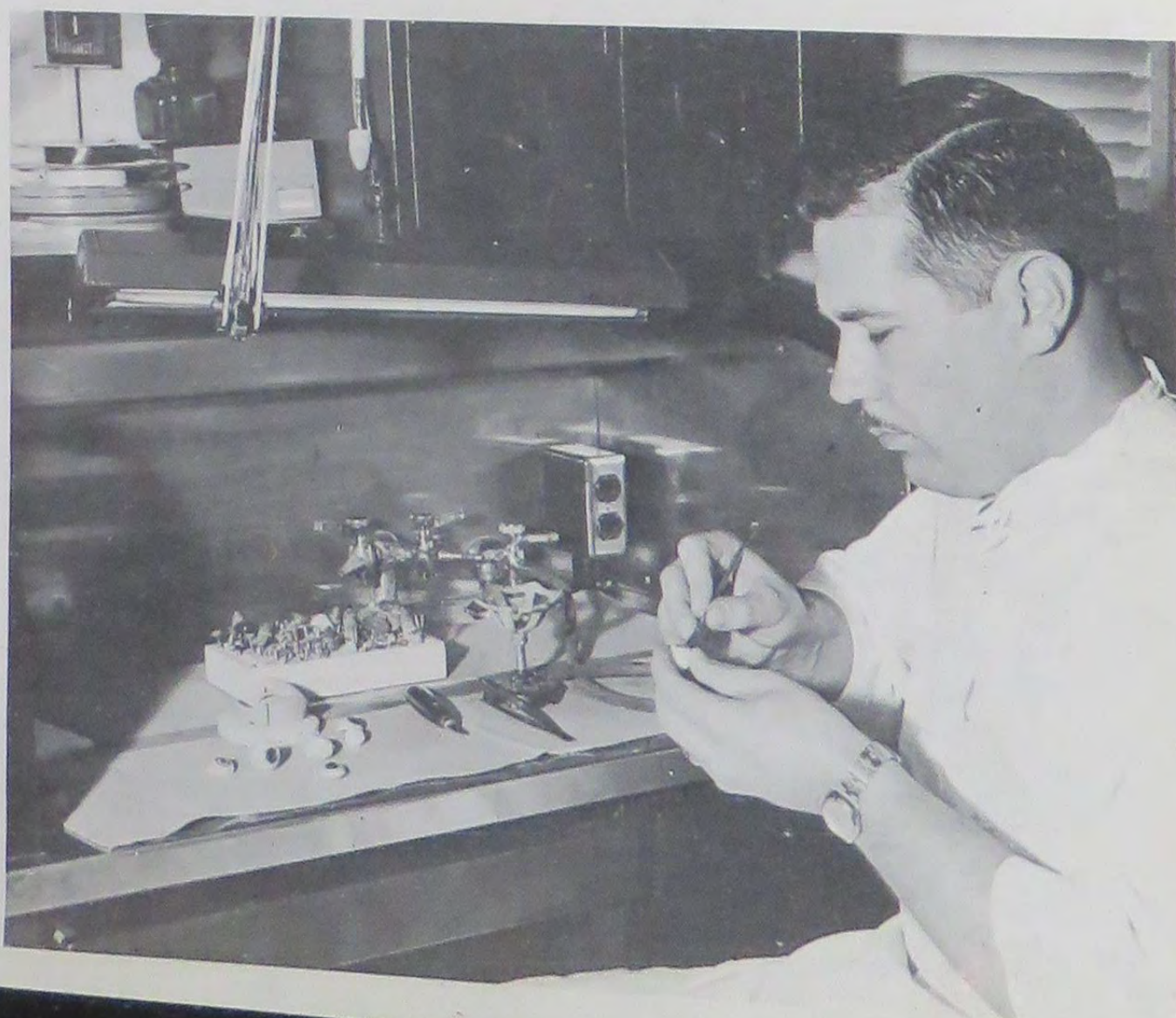
The coolant pool for the reactor at the Armed Forces Radiobiology Research Institute is lowered into place. AFMRI

is the nation's only joint-service research command. (Circa 1961)

"be the best"

few of the medical advances
years. For detailed information
see page one.

A technician in the Naval Graduate Dental School prosthodontics division prepares a plastic eye. Artificial plastic eyes were developed by the School. (Circa 1950)



Navy tradition

It starts as a tiny trickle back in 1775. Then it surges and grows, as new streams add to its depths, until now it is a mighty flow, rolling down to the sea. It is the tradition of the Navy, and today it is wider and deeper than ever before, fed by the tributaries of the past and moving toward the future.

The tradition of the Navy is the link between the past, the present, and the future. It is the binding force that welds men and machines into a Navy. The men of today's Navy draw on the tradition built by the men of yesterday, and in turn, lay the foundations for the men of tomorrow.

Back in 1775, there was no tradition. The men of the Navy started from scratch. John Paul Jones was there. He was one of the first officers commissioned in the new Navy. He raised the first flag above an American man-of-war. He and the men of the first Ranger were the first to defeat a British warship.

The tradition was off to a good start, and it continued to grow. In 1803, the Navy fought the Barbary pirates off the shores of Tripoli. In the War of 1812, the men of the Constitution helped gain American seamen their reputation as the straightest shooters and the best sailors in the world.

The tradition grew in peace as well as war. Commodore Perry sailed his small group of ships to the harbors of Japan, and opened up a new country to the world. Lieutenant Wilkes took six ships far south, and became the first to ever sight the Antarctic continent.

In the Civil War, both sides added to the tradition, and at the end the victors and the vanquished held each other in mutual respect for their courage and ability.

The tradition continues onward, through the Spanish-American War with Dewey at Manila, through the First World War, with the men of the anti-submarine patrols rolling across the North Atlantic on their four-stackers.

World War Two brought the world its biggest naval conflict ever, and the American Navy was

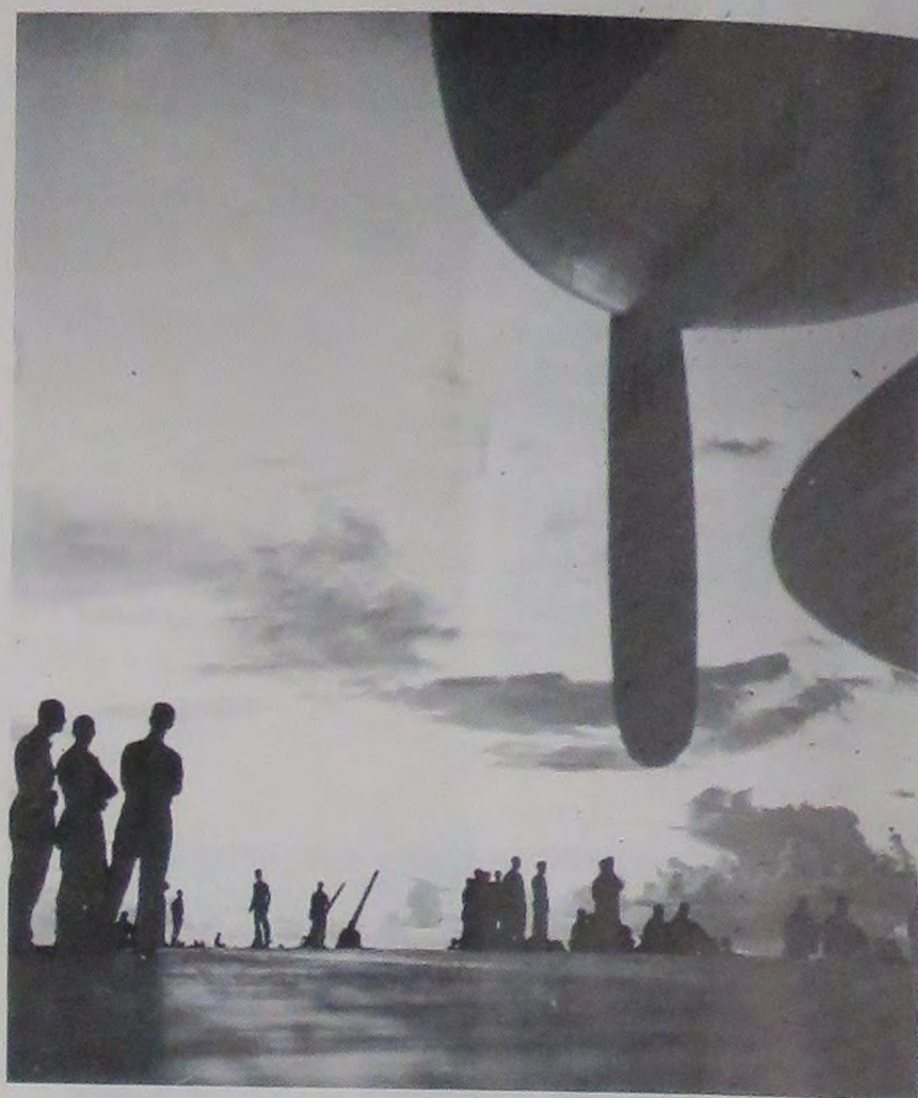
in the thick of it. The early days of the war found the Navy fighting a holding action; greatly outnumbered, holding on so that others to come later would have a foothold on victory. There were only a few carriers at first, but they made lightning slashes against the enemy, and took heavy losses. The submarine force fought not only the enemy, but also faulty equipment, and still posted clean sweep records. It was in the early days of the war that one admiral commented he was looking for fast ships and good men, ready and able to go in harm's way. He found them.

Later in the war, things had changed. Whole fleets of carriers sortied against the enemy's homeland. The amphibious forces swept over the Pacific like a tidal wave, crushing everything before them. In the end, it was the skill and valor of the men that had won the victory: the pilots who had outflown the enemy, the gunners who had out-shot them, the sailors whose skill had enabled the fleet to come to stay.

The tradition rolled on through Korea, and up to today, when the men of the brown-water Navy added new chapters, and when the men of the Navy continue to build on their solid foundation.

A list of the history of the Navy is only a reflection of its tradition, though. The history consists of the high points, the swells, the things that are noted and remembered by all. The tradition is built on more solid ground. It is the work of the thousands of men who have lived, and in many cases died, for the country and for the Navy.

Today the tradition is stronger and more vibrant than ever. A uniform may change, a regulation may be stricken; but the men that are the tradition continue. Today more than ever before, the Navy is what its men make it. They are guided by the tradition flowing down to them from the past, and they will guide the course tradition, and the Navy, sail into the future.



On board the USS Saratoga at dawn as she moves in for a strike against Rabaul in World War II.

Personnel in the spotlight

NNMC

Robert L. Ambush, janitor, received a Certificate of Achievement.

Genis G. Baldwin, janitor foreman, received a Certificate of Achievement.

Harry T. Burton, Jr., electrician, received an Outstanding Performance Rating.

Elsie M. Cabanas, secretary (dictating machine transcriber), received a Length of Service Award for 20 years of Federal service.

Ernest T. Davis, warehouseman, received an Outstanding Performance Rating.

HMC Joseph F. DePompa received the Navy Achievement Medal.

Ray Hicks, electrician, received a Beneficial Suggestion Award.

Elmer F. Keeney, sheet metal mechanic, received a Length of Service Award for 30 years of Federal service.

H.A. Leusenkamp, Jr., refrigeration and air conditioning, mechanic foreman, received a Length of Service Award for 30 years of Federal service.

HM2 Larry W. Mayes reenlisted for six years.

Lt. Donald Mimbs, staff chaplain, received the Navy Commendation Medal.

Ivory J. Price, janitor, received a Length of Service Award for 20 years of Federal service.

Ralph H. Pridgen, pipefitter, received a Beneficial Suggestion Award.

Robert L. Russell, oiler, retired after 23 years of Federal service.

Louis G. Sanchez, refrigeration and air conditioning mechanic, retired after six years of Federal service.

Luke D. Wheatley, pipefitter, received a Beneficial Suggestion Award.

Forest W. Wilson, warehouseman, received an Outstanding Performance Rating.

HOSPITAL

Milton R. Allen, cook, received a Length of Service Award for 20 years of Federal service.

Ethel M. Bailey, patient escort, received a Certificate of Training.

Byron N. Baldwin was advanced in rate to HM2.

Michael T. Banko was advanced in rate to HN.

Willie J. Barnes was advanced in rate to HM1.

Willie C. Berry, food service worker, received a Length of Service Award for 20 years of Federal service.

Phillip Birka was advanced in rate to HN.

James M. Bunch, commissary general foreman, received a Length of Service Award for 30 years of Federal service.

Dennis Burr was advanced in rate to HN.

Cdr Francis H. Corcoran was board certified in internal medicine.

Dean Demaster was advanced in rate to HM2.

William B. Dever was advanced in rate to HN.

Cdr Evans Diamond was board certified in neurology.

Charles F. Eaton, hospital housekeeping officer, received a Length of Service Award for 30 years of Federal Service.

Herbert Garman was advanced in rate to HM1.

Cdr Ronald D. Gaskins was board certified in internal medicine.

Dennis P. Gilbert was advanced in rate to HM2.

Michael R. Giorgio was advanced in rate to HN.

David R. Grote was advanced in rate to HN.

Richard Hester, cook

foreman, received a Length of Service Award for 20 years of Federal service.

David Holden was advanced in rate to HM2.

Leon Holloman, patient escort, received a Certificate of Training.

Robert Hufford was advanced in rate to HM2.

Kenneth Johnson was advanced in rate to HM2.

Linda H. Johnson, clerk (stenography), received an Outstanding Performance Rating.

Cdr William W. Johnson was board certified in otorhinolaryngology.

Paulette B. Killgo, patient escort, received a Certificate of Training.

Martha M. Kolberg, clerk dictating machine transcriber, received an Outstanding Performance Rating.

Edwin C. Leach was advanced in rate to HM2.

Cdr Harry A. Mangold was board certified in pediatrics.

Bruce Marshall was advanced in rate to HM2.

Ronald Marshall was advanced in rate to HM2.

Thomas Martinez was advanced in rate to HN.

Henrietta C. McCain, patient escort, received a Certificate of Training.

John J. McGowan was advanced in rate to HN.

John M. Miner was advanced in rate to HM2.

Donna L. Moore, administrative assistant, received an Outstanding Performance Rating.

B. Herbert Morrow, baker, received an Outstanding Performance Rating.

Richard V. Munyon was advanced in rate to HN.

LCdr Malcolm M. Murdoch was board certified in pathology.

Daniel Pavlik was advanced

in rate to HN.

Lottie P. Pendleton, food service worker, received a Length of Service Award for 20 years of Federal service.

Reba S. Perkins was advanced in rate to HN.

Peggy J. Rohlf was advanced in rate to HN.

Myron J. Schmidt was advanced in rate to HN.

Richard Schutz was advanced in rate to HM2.

Kristine T. Smith was advanced in rate to HN.

LCdr Larry V. Staker was board certified in surgery.

LCdr John P. Swope was board certified in anesthesiology.

Betty L. Thomas, patient escort, received a Certificate of Training.

Clarence E. Todd was advanced in rate to HM2.

Jeffrey S. Trusco was advanced in rate to HN.

Cdr Walter V. R. Vieweg was board certified in internal medicine.

Clara P. Ware, food service worker foreman, received a Sick Leave Certificate for accumulating 1000 hours of sick leave.

John A. Watt was advanced in rate to HN.

Mary A. Webster, patient escort, received a Certificate of Training.

James J. Wilson, cook foreman, received an Outstanding Performance Rating.

Whitney C. Young was advanced in rate to HM1.

MEDICAL SCHOOL

Bill N. Crowell was advanced in rate to HM1.

Larry V. Doonan was advanced in rate to HM2.

Michael P. Grissom was commissioned an ensign in the Medical Service Corps, USNR. Ens Grissom was a medical technology student prior to his commissioning. He is now

attending an orientation course at NSHCA.

HM2 Thomas J. Hagan reenlisted for six years.

Cecelia N. Isaacson, clerk-typist, received an Outstanding Performance Rating.

Richard M. Kullberg was advanced in rate to HM2.

Scott McDonald was advanced in rate to HM2.

Richard S. Purdham was advanced in rate to HM2.

Melvin R. Regier was advanced in rate to HM2.

Robert K. Smith was advanced in rate to HM2.

Eleanor A. Taylor, clerk-typist, received a Length of Service Award for 20 years of Federal service.

NMRI

Thomas J. Contreras, Jr., was commissioned an ensign in the Medical Service Corps, USNR. Ens Contreras was a medical technician working in the Lipid Chemistry Section of Environmental Biosciences Division prior to his commissioning. He is now assigned to NSHCA for MSC orientation course.

Charles H. Dorsey, research biologist, received a Sick Leave Certificate for accumulating 1000 hours of sick leave.

Ellis T. Hackett, animal keeper, received a Sick Leave Certificate for accumulating 1000 hours of sick leave.

Bruce E. Merecki was advanced in rate to HM2.

Richard Newton was advanced in rate to HM2.

Kenneth J. Popham, administrative assistant, received a Length of Service Award for 20 years of Federal service.

Dorothy Schreiber, writer editor, retired and received a Length of Service Award for 20 years of Federal service.

David W. Thomas was ad-

(Continued on page 7)

Chief Snyder gets medal for smooth RMS switch

HMCS Calvin E. Snyder received the Navy Commendation Medal for his work as assistant to the finance officer at Naval Medical Research Unit No. 2, in Taipei, Taiwan, Republic of China.

The citation with the medal commended Chief Snyder for planning and developing a job order accounting system to identify costs with appropriate RDT and E (research, development, test, and evaluation) approved work units.

During his tour there, from April 1968 to July 1971, Chief Snyder also introduced a new Resources Management System (RMS) to the scientific staff, permitting a smooth transition

from the old system and allowing scientific work to continue "unhindered by administrative complexities."

Using "several easily explainable and operational steps," Chief Snyder instructed the staff on the new system. On July 1, 1971, when it became mandatory for all RDT and E activities to convert to RMS, "a simple change in the internal command instruction was all that was necessary to completely convert to the new system," said the citation.

Chief Snyder came to the Center in August, and is currently assigned as assistant to the personnel officer at NMRI.



Patients waiting for prescriptions to be filled no longer have to wait in the hall. This is the waiting room of new main pharmacy, located in the basement of building one where the Physical Therapy department used to be. New prescription handling procedures have been introduced by Capt Theodore Tober, Chief Pharmacy Service, Naval Hospital, to improve service. If the new system works as planned, quality prescription service with a short waiting time will result.

Distaff Doings

Connoisseur is the theme for the DENTAL OFFICERS' WIVES CLUB's February festivity. Representatives from a wine company and a cheese distributing company will be educating Dental officers and their wives in the fine art of "delicacy discrimination" at the Officers' Club on February 25th. Mr. Oscar Haynes will represent the Christian Brothers Wine Company, and Mr. Harold Marks will represent the Hubert Halperin Distributing Company. Wine and cheese door prizes will be given away after the "tasting's." The program is scheduled to last from 7 to 8:30 p.m. on Friday, the 25th. Any further questions on this event can be directed to Pauline Kares, 469-7383.

The CHIEF PETTY OFFICERS' WIVES CLUB is awaiting the election and installation of their new officers before they surge forward on '72 plans. Their February meeting will be on the 17th at the Chiefs' Club at 8 p.m.

Antique enthusiasts in the DOCTORS' WIVES CLUB should definitely plan to attend the February meeting on the 10th at the Officers' Club. Mr. Frank Klapthor, antique authority and consultant to the Smithsonian Institution in Washington, will be the guest speaker. He will discuss "Hints and Tips for Antique Hunters." Cocktails will be served at 11 a.m. with dinner at noon.

The Bowie Race Track will host a "Day at the Races" for Doctors Wives Club members on March 2nd. The \$7.25 package deal includes bus fare, admission to the track, program, a buffet lunch, closed circuit television, and

reserved seats at the finish line. The bus will leave here for Bowie at 11 a.m. and will return at 5 p.m. Application forms that can be mailed in with a check will appear in both the January and February issues of *The Stethoscope*. Money for the "Day at the Races" must be in by February 10th.

In preparation for the blossoming of Spring 1972, the MEDICAL SERVICE CORPS WIVES CLUB will entertain a professional floral designer at their February luncheon to give a presentation on the art of flower arranging. The social hour for the luncheon will begin at 11:30 a.m. with lunch at 12:30. Janice Kayler will act as hostess for this February function.

One week after our doctors' wives have been there, the MSC wives will hit the Bowie Race Track for their own "Day at the Races." On March 9th, under Bowie's "Special Groups Plan," MSC wives will pay the Club House Admission of \$5.25 a head for a buffet luncheon in a private dining room (with fashion show), reserved seat to watch the races, and closed circuit television. The big feature of the afternoon will be "The Medical Service Corps Wives Club Race," a race named in honor of the club, which is also one of the luxuries included in the Club House Admission.

Since only 100 tickets are available for the race track fiesta, reservations are on a first come first serve basis. You can make your reservations (with advance payment) at the February luncheon.

From CNO: No relaxation of standards

Below is printed the complete text of Z-Gram 102 from Admiral Elmo R. Zumwalt, Chief of Naval Operations.

During recent visits to ships and stations throughout the Navy, I have seen indications that a few of our people are interpreting some of the initiatives we have introduced as indicative of a shift to a permissive Navy, allowing a relaxation of traditional standards of smartness and cleanliness. In addition, a recent retention study group unanimously stated that there is a need for further definition of acceptable grooming and clothing standards so that this matter can be laid to rest, and all hands can get on with more substantive issues.

As an example, Z-57, concerning the elimination of demeaning and abrasive regulations, has been erroneously interpreted by some to suggest that saluting and other military courtesies can be dispensed with. Also, instances are still observed of men in public with dirty or torn uniforms, haircuts and beards

which are below Z-70 standards. Therefore, I wish to reemphasize once again, that our new initiatives do not lower our standards of smartness and cleanliness.

I have stressed the need to place increased trust in each individual and want to continue and expand this recognition of confidence in him. In return, each individual must assume added responsibilities for his own appearance, conduct, and performance. In case the latter has not been fully understood, commanders and commanding officers must reemphasize to all hands that military courtesies, including customary saluting and deference to seniors, and adherence to traditional standards of cleanliness, neatness, and smartness will continue to be an integral part of our Navy as they have been since our beginning. Those standards are essential elements of a proud and professional force. Commanding officers continue, as always, to have responsibility and full authority to enforce these standards.

New parking tickets

If you work here at the Center, and have not registered your car, or if your registration has expired, you had better head for the Center Security office.

Beginning February 15, Federal parking tickets will be issued for all violations of base traffic regulations by unregistered cars. The federal tickets will have a monetary fine involved, and will not be subject to invalidation by the Center.

Cars in violation, that are properly registered, will continue to receive local tickets, and operators will be dealt with as provided for in Center Instructions.

It is hoped, that because of the new tickets, non-staffers will discontinue using parking spaces assigned to staff personnel, and patients, and that all staff personnel will register their cars giving the Security office reliable data to use in assigning spaces.

Riverboat party

A Riverboat Party has been scheduled for February 11, at 8 p.m. at the NNMC Officers Club

All officers here at the Center are invited.

The party will feature prizes, costumes, food and refreshments.

Contact your command representative for tickets.



The Naval Graduate Dental School honored DTCS James C. Mathis, on his retirement after 30 years of service. Above, Chief Mathis makes a farewell address to the School's staff and guests. Following a command personnel inspection, during which Chief Mathis was honored as the principal inspecting officer, Captain W.C. Wohlfarth, commanding officer of the school, presented the retirement certificate and also letters of appreciation for meritorious services from himself and from RAdm E.C. Raffetto, Chief of the Dental Division of the Bureau of Medicine and Surgery.

Navy News Notes

Manpower reductions in DoD

On January 7 the Department of Defense announced further military and civilian manpower reductions. According to the new figures, total military manpower will drop 187,000 by June 30, to a total of 2,391,000. The reductions will come mainly from the Army (147,000) and Air Force (27,000).

The Navy will lose 9,000 - to a new level of 602,000 active duty personnel. The Navy force level was 623,000 last June 30, and 611,000 on December 1. Civilian manpower in the DoD will be reduced 52,000 by June 30, to a total of 1,041,000.

The Navy civilian force level on December 1 was 351,000 - and is to be reduced to 334,000 by June 30, a reduction of 17,000. The Secretary of the Navy has stated that "employment freezes, out-placement efforts and other measures shall be utilized to maximize the use of attrition and minimize personal hardships in reaching specified ceilings."

Multiple points for PNA

The Bureau of Personnel announced that men who are passed-but-not-advanced (PNA) on an advancement examination will be able to gain points toward promotion in their next attempt. Under a new policy, a man who is PNA'ed can earn up to three multiple points in a single promotion period. The points can then be accumulated over six promotion periods, up to a maximum of 15 points. This new policy will be applied first in the coming August exams, when men who PNA next month's (February) exams, will be able to get up to 3 multiple points added to the August total.

Spotlight

(Continued from page 6)

vanced in rate to HM2.

Charles E. Woodward was advanced in rate to HM1.

NSHCA

Maj. K. Fletcher received a Certificate of Appreciation for his service during the Combined Federal Campaign (CFC).

HMCM K. D. Hill received a Certificate of Appreciation for his service during the CFC.

A. Hofmann received a Certificate of Appreciation for his service during the CFC.

Lt. R.F. Hopkins received the Navy Achievement Medal.

Lt. M.T. Meaney received the Navy Achievement Medal.

Lt. N.G. Oglesby received a

Certificate of Appreciation for his service during the CFC.

Lt. R. H. Reysen received a Certificate of Appreciation for his service in the CFC.

DATA SERVICES

Margaret Mellon, operations control assistant, received a Length of Service Award for 30 years of Federal service.

Prescilla Q. Thorner, EAM operator, received an Outstanding Performance Rating.

AFRRI

David S. Bieksza was promoted to PFC.

John M. Cicala was promoted to PFC.

New officers installed by CERA

The Civilian Employees Recreation Association (CERA) has elected new officers for 1972. The new officers were installed by RAdm Felix P. Ballenger, commanding officer of the Center, at a recent ceremony.

Bertha Gorman succeeds Leon Brunson as president. Bertha is the Medical Film Librarian in the Naval Medical School. She is the Chairman of the Special Activities Committee of CERA and is CERA's delegate to the League of Federal Recreation Associations. Bertha has also served as a member of the CERA Board of Directors.

The new vice president is Betty McKnight, who replaces last year's president-elect, Cecelia Isaacson. Betty is a Clerk-Typist in the Comptroller Department. She has been at NNMC since 1956, and has worked in the Supply Department, Public Works Department, and the Collection Agent's Office.

Alice Banks is the new treasurer for CERA. George Robey held the position last year. Alice is an Accounting Technician in the Comptroller Department. A native of Charlottesville, Virginia, she started her career at NNMC as a key punch operator.

Replacing Margie Geisler, last year's recording secretary, is Sheila Henry. Sheila is a

Clerk in the Administrative Office of the Hospital. She worked for eight years in the Civil Division of the Department of Justice before coming to NNMC.

The new correspondence secretary is Elaine Sands, who replaces Carole Weinraub. Elaine is a Clerk in the Administrative Office of the Outpatient Department, NH. She is originally from York, Pennsylvania.

The four new members of the Board of Directors are Charles Easterday, John Wooditch, Genis Baldwin, and Louis Goldman.

Charles Easterday is an Animal Caretaker at AFRRRI. He owned a dairy farm for 33 years, then worked nine years at Fort Detrick in Frederick, Maryland, before coming to NNMC in 1969.

John Wooditch is a Supervisory Purchasing Agent in the Supply Department. He is a retired Navy Petty Officer who is very much involved in local community sports.

Genis Baldwin is a Janitor Foreman in the Operating Services Department. He has been at NNMC for 30 years.

Louis Goldman is an Electrical Engineer in the Public Works Department. He is a former CERA president, and has been at NNMC for eight years.



Following their installation ceremony, new CERA officers are congratulated by RAdm F. P. Ballenger, commanding officer of the Center. From left to right, they are: Louis Goldman, Elaine Sands, Sheila Henry, RAdm Ballenger, Bertha Gorman, Betty McKnight, Alice Banks, John Wooditch, and Charles Easterday. Not pictured is Genis Baldwin.

Medical Corps to celebrate 101st

The Navy Medical Corps will celebrate its 101st anniversary with a formal dinner dance at the Washington Hilton Hotel on Friday, March 10. The 101st anniversary officially falls on the 3rd of March.

Dignitaries from both the military and civilian communities will be invited to the dinner dance, which is scheduled to begin at 7 p.m.

RAdm Felix P. Ballenger is the Chairman for the anniversary celebration. Assisting him are Capt Paul Kaufman, Capt Edward J. Rupnik, Capt William M. Narva, Capt Frederick B. Essman, Cdr Edward D. Mateik, Cdr J.C. Thompson, and LCdr William F. Hoss.

Decorations for the dinner dance will be handled by the wives of Medical Corps officers.

Karate winners

Four members of the NNMC Self-Defense Club won honors at the Eastern Regional Division Karate Championship.

R. Willis won 4th place in the green belt sparring competition, and Eugene Foster won 5th place in the same event.

Richard McCallister took 4th place in the gold belt sparring competition.

Gary Thornhill, an instructor for the club here, tied for 5th

place in the black belt form event.

The Karate Championships were held at the Francis Scott Key High School in Silver Spring, Md., and were sponsored by the Silver Spring YMCA.

Entering under the banner of the Hospital here, this is the first time Centerites have been successful. This was the third year that the Club competed.



The holidays at the Center were filled with activities as shown by these pictures.

Left: A choir from the Naval Oceanographic Office in Suitland, Md. sang carols for the patients and staff.

Below left: A combo from the Navy Band entertained patients and staff in the Enlisted Dining Room during the noon meal. Another combo will play here in March.

Below: Congressional Secretaries visited the patients as part of "Operation NOEL" (No One Ever Lonely).

Below right: Lt and Mrs. Alfred Schuster, MSC, (Ret), stand with Cdr David W. Bailey, chief of the Pediatric Service here. Lt Schuster made the kitchen sink and hutch cabinet, complete with Red Riding Hood Dishes, and presented them to the Pediatrics Service via the

Center Christmas capers

Medical Service Corps Wives Club. Mrs. John Turner, president of the club, stands behind the Schusters.

Bottom left: Bill Keith helps put up the decorations he designed for the Lobby of the Tower building.

Bottom center: Gunnery Sergeant Irving Gadonniex, Ward 7C Master at Arms, accepts the first place trophy from Mrs. John Turner, a judge for the Red Cross ward decoration contest. 7C won the rotating trophy with the theme "Color us Christmas." Ward 3A was runner up with the theme "Our Angels" Wish you a Happy Christmas.

Bottom right: These entertainers were with the Lionel Hampton band at the Center Christmas Dance put on by Special Services.



Retired Centerite first woman to get award



Secretary of the Navy, John H. Chafee and Miss Elizabeth Broomhead display the Navy's Civilian Career Achievement Award following presentation ceremony in the Secretary's office at the Pentagon.

Miss Elizabeth Broomhead has become the first woman ever to receive the Navy's Civilian Career Achievement Award.

Miss Broomhead, who recently retired after 25 years of service in the Psychology Department of the Hospital here, received the award personally from the Secretary of the Navy, the Honorable John H. Chafee, in a ceremony held at the Pentagon. Then, she returned to NNMCM for another ceremony in which the Commanding Officer of the Center, RAdm Felix P. Ballenger, re-presented the award to her for the benefit of her friends and co-workers.

Secretary Chafee commended Miss Broomhead "for distinguished service and outstanding contributions to the Department of the Navy's psychology program from 1946 to 1971." During that time, she had served as Chief Clinical Psychologist at the Naval Hospital, NNMCM.

"Her influence," the Secretary of the Navy wrote, "has extended to Navy-wide mental health activities of the Bureau of Medicine and Surgery through professional training of psychologists and psychiatrists in the field of clinical psychology, and through her personal

direction of the Military orientation and professional training of every clinical psychologist entering active duty since 1946 in the Navy's Medical Service Corps."

Only two other civilians in the Department of the Navy have received the Civilian Career Achievement Award since its establishment in June of 1971. To qualify, the nominee must: (1) either be retiring from, or leaving, the Department of the Navy; (2) have received the Navy Distinguished Civilian Service Award, or have a record of distinguished performance that would merit consideration for that level of recognition were the nominee not retiring from or leaving the Department of the Navy (Miss Broomhead received the Navy Distinguished Civilian Service Award in October 1970); (3) have demonstrated the very highest caliber of performance during his career; and (4) have had at least twenty years of Federal service, including at least ten years of civilian service in the Department of the Navy.

In addition to the award, Admiral Ballenger presented Miss Broomhead with a letter of congratulation from the Surgeon General of the

(Continued on page 3)

**National
Naval
Medical
Center**

NEWS

Volume 28, Number 2 February 1972

NMRI best in sports in NDW

NMRI captured 25 percent more athletic points than the Patuxent River Naval Air Station and ran off with the Naval District Washington Commandant's trophy. The trophy is given annually to the command in the district that has shown the most skill and participation in district-wide sports activities.

One point is awarded for participation for each person competing in an individual event, and one point is given for each team in a team event.

Points are also given for winners of each event. In team events five points are given for first place, three points for second place, and

one point for third place. Individual contest winners get five points for first place, four points for second place, three points for third place, two points for fourth place, and one point for fifth place.

In several cases NMRI was the only command at the center entering a team in the NDW competition, and players from other commands joined with the personnel from NMRI to compete under the NMRI banner.

The award was presented at the NDW Commanding Officer's conference held at the Naval Communication Station in Cheltenham.



John T. Stringer, head of the photography division of the Naval Medical School, looks over a letter of recognition to the division from the Surgeon General of the Navy, VAdm George M. Davis. The letter was presented to Mr. Stringer by Capt Edward J. Rupnik, left, commanding officer of the Medical School.

Last September, the Medical Photography lab took on the added responsibility of taking all pictures for the Bureau of Medicine and Surgery. The letter from Admiral Davis cited the lab with "consistently outstanding" support since that time. He wrote, "The response of the division to numerous requests for photo coverage of occasions ranging from award ceremonies to professional meetings was both immediate and exemplary. The skills of the photographers assigned by the division epitomize the highest standards of their profession."

In addition to photo support to BuMed, the division supports all of the Commands here with medical and general photographic services. The division is also the only school in the Navy to train medical photographers.

The students and staff of the division take most of the photos that appear in the NNMCM News. The public affairs officer for the Center, who is editor-in-chief of the "News," called the work of the division "outstanding" and cited photos taken at several recent events here as "excellent examples of photojournalism."

Hospital has new Admin Officer

The Hospital here has a new administrative officer, Cdr William L. Long. Cdr Long replaces Capt Albert Schwab who is now serving as AO at the Naval Hospital in San Diego.

Coming here from the Naval Hospital, Quantico, Va., where he was administrative officer, Cdr Long says he is impressed with the large size of the Medical Center. He envisions his job here as "maintaining and improving the quality of the health care delivery system here by efficient administration."

After enlisting in the Navy in 1945, he served at several Naval hospitals, and on the hospital

ship USS Repose. He was commissioned as Ensign in the Medical Service Corps in 1954. Since then he has served at the Bureau of Medicine and Surgery as head of the personnel actions section of the Medical Corps branch, and as administrative officer of the professional division.

On the top of his list of hobbies, which includes bowling and spectator sports, is auctioneering. After attending an auctioneering course in Kansas City, Missouri last summer, Cdr Long got a chance to use his new expertise at Quantico.

The officers' club there wanted to sell some surplus furniture, rugs, pictures, silverware, and other items. Previous sales of this nature there had created problems in giving everyone an equal opportunity to get in on the good buys.

"Why not hold an auction," suggested someone on the advisory board. Cdr Long volunteered his services as auctioneer, and the sale was a "huge success."

In addition to the auctioneering school, Cdr Long has graduated from the Naval School of Health Care Administration, Blanton's Business College in Asheville,

N.C., and holds the bachelor of arts degree from The George Washington University in Washington, D.C.

Nurse's letter to mom wins national contest

Lt Elizabeth A. Woerner, NC, really cares about her patients. She proved it by putting her feelings into words and winning the George Washington Honor Medal and a hundred dollars in the Freedom Foundation Essay Contest.

Lt. Woerner answered the contest question, "What Is An American?" by describing "the gallant young Americans, wounded, crippled, and scarred," who lie in the hospital beds here at Bethesda. Her essay won one of the top prizes in the Armed Forces category of the national contest, and she received the medal and cash award during special ceremonies that were held at the Freedom Foundation Headquarters in Valley Forge, Pennsylvania.

Her essay, Elizabeth explains, was originally part of a letter that she wrote home to her mother shortly after she had arrived at Bethesda. She had been assigned to T-11 (general surgery) and T-14 (orthopedic surgery). She was impressed with the stamina and enthusiasm of the young casualties.

Her mother had saved the letter, and when Elizabeth heard about the contest question, she says she suddenly realized that these patients that she had worked with were the answer to "What Is An American?" So she arranged the letter into essay form and mailed it in.

The award is the first that Elizabeth has received for her writing. She was asked by the NNMCM News if she planned to continue writing professionally. She laughed and suggested she might try a biography on Howard Hughes.



Cdr Long



Lt. Woerner

Editorial

Exchange is a privilege--don't abuse it

The opportunity of shopping at the Navy Exchange and its facilities is a privilege that has been extended to military personnel (including military retirees) and their families by the Congress of the United States.

In 1949 when Exchange functions came under congressional review, the House Armed Services Committee (HASC) was under considerable pressure from commercial retail organizations to eliminate all military exchanges. However, the HASC mediated a compromise that spelled out the function of the Exchanges as a "benefit of military service," while establishing restrictions regarding the types of merchandise, price limitations and authorized customers of these resale activities. Along with the purchasing privilege went certain individual responsibilities designed to safeguard the continuance

of this benefit.

It is the responsibility of every member of this command and his or her family to adhere to the basic rules regarding purchases made at any of the Navy Exchange facilities. These rules, although simple, are very clear - **DO NOT MAKE PURCHASES FOR UNAUTHORIZED PERSONS.**

"Any item purchased in the Navy Exchange must be for the sole use of authorized patrons; the use of dependent members of an authorized patron's family, or to be given as a bona fide gift. Navy Exchange merchandise purchased by military personnel or authorized civilians must not be resold or exchanged in barter on or off this installation." Remember, the Navy Exchange was created to serve you and your family as members of the Naval Service.

Being "Mr. Nice Guy" by extending your privilege

to members of the local community who are not authorized to buy at the Exchange puts a hard-earned benefit in jeopardy. Don't be afraid to say NO to someone in the civilian community who asks you to do them a favor and pick up something for them at the Exchange. If they are really friends, they'll understand that NO is the only thing you can say.

Making unauthorized purchases is prohibited by the Armed Services Exchange Regulations for your own protection. Don't be foolish enough to spoil things for all Navy families by selfishly trying to do a favor for a "friend."

As a benefit, the privilege of shopping at the Exchange could be taken away if it is abused. You have the responsibility of protecting this privilege and making sure that your shipmates do the same.

Chaplain's Column "Lift up your heads"

by Chaplain Donald Mimbs

The children of Israel, while in slavery in Babylon and asked to sing a song to Jehovah, answered, "How can we sing Jehovah's song in a strange land?" Many today find it difficult to sing Jehovah's song for the pangs of depression are legion and few escape it. Every man has his dark valleys to go through, his black and endless nights, his bleak and cold anxieties.

Quite often we chide ourselves and rebuke our feelings, accusing ourselves of a serious lack of faith to even entertain such feelings. But this is not so. Historically, men and women of very great faith fought off depression. There are many who in their deepest darkness fought off defeat and survived the blackest night. There was no built-in protection for them simply because they were Christians or because they knew something of God himself. Even Jesus felt deserted by God and experienced in Gethsemane the stab of naked terror.

Just as often we find ourselves ashamed about

having these depressed feelings. By the very nature of the unconscious part of our minds we are reminded that much of our anxiety is not controlled because it is an unconscious feeling. We cannot master our unconscious self; only the conscious do we have faculty to control.

Quite naturally, due to these two basic fallacies, we usually find ways of hiding our conflicts. We easily find ways of sublimating, diverting unacceptable feelings, pushing them aside into the subconscious. We are too often unwilling to talk out our conflicts with qualified persons who really care and understand. We find ourselves hoping things will right themselves automatically, wishfully hopeful that something will happen in the meantime. We hope that an event will take place that will remove the dreaded feelings from our midst. So we go on waiting.

Then some pious soul comes along and says, "If you were a good Christian, if you just had faith, you wouldn't have such feelings as these." And we feel

guilty all over again. The depression seems more intense and the symptoms more strongly felt. This is simply because we have put our tensions upon the wrong base. The great saints had these feelings we are talking about. From the psalmist on we can read over and over again how people battled with themselves. Yet they were holy people, they were God-fearing people, and they had faith, a faith with depth and meaning. The living God is yet at work creatively amidst the changes and frustrations and conflicts of our time, and it is up to each one of us to relate ourselves wholeheartedly to God's unfolding purpose in His creative process. In so-doing we will relate to each other in times of need. Perhaps we have looked down and inward long enough--and the only way we can overcome our depression is to look upward and outward. I believe this is what the Psalmist is saying. "Behold the King of Glory..." But when one beholds the King of Glory he must look outward from his selfish self and look upward rather than downward.

Plan now to vote in November

The Presidential Election will be held November 7--more than eight months from now. But nobody should be lulled into complacency by the span between now and then. The electoral process which culminates on Election Day involves much more than taking time out on a Tuesday in November to scratch X's on a ballot. Voter registration; local, state, and primary elections; and the continuous gathering of information necessary for informed decisions at the polls--all these are vital parts of the process by which American people run this country.

Nearly all adult Americans now have the right to vote. This has not always been so. When this nation was founded, most states recognized only white, male property-holders over the age of 21 as eligible voters. As the nation matured, the rights of others were recognized; starting with non-property holders, then blacks, women, and most recently, 18-year-olds.

But even though nearly all Americans have the right to vote, not all exercise their right. Even in the most popular elections, less than 70 per cent of the eligible voters actually vote.

That is one reason February has been designated Armed Forces Registration Month. The drive is under way now to register the newly-enfranchised 18-year olds, as well as all other eligible voters, so they will have the chance to exercise their right in November.

Each state has its own regulations for voter registration. Personnel should check with their command's voting representative or legal assistance officer, or consult the Department of Defense Voting Information - 1972 pamphlet to determine the exact regulations for their states of legal residence.

But registration is only the first part of the

process. Most members of the Navy will be voting by absentee ballot in this year's elections. Here again, states have different regulations concerning the deadline for applications for absentee ballots. But all states will accept the Federal Post Card Application (FPCA) if mailed in time to comply with their deadlines.

All military commanders are required by law to make FPCA forms available to all eligible voters under their jurisdiction. In overseas areas, the forms must be made available by August 15; within the continental United States, the deadline is September 15. These forms are also available for requesting primary, local, or state election ballots at earlier dates; or for requesting registration when respective state laws require it.

There is another part of the electoral process which is sometimes slighted because it does not have a deadline. It is not a legal requirement, but is perhaps the most important part of voting. It is the requirement for information. In the American system of government, the voters, and the voters alone, have the right to determine where this nation is going and who will lead it there. Along with this right goes the responsibility to find out what alternatives are available to the nation. Each voter must determine for himself which policies he thinks are in the best interests of the country, and which candidates or parties offer the best leadership in the pursuit of those policies.

All these things are parts of the electoral process, the foundation upon which this country is built. The process starts now. If you want to be a part of it, and have a voice in the future of this country, register, apply for an absentee ballot, become informed about the issues and candidates--then vote on November 7.

Festival of Purim

You are invited to attend a special service in commemoration of the Festival of Purim.

The services will be held Tuesday, February 29 at 11 a.m. in the Bethesda Chapel.

Rabbi Tzvi H. Porath, auxiliary chaplain, will conduct the service.

NNMC NEWS

National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER, MC, USN COMMANDING OFFICER
CAPT D.L. CUSTIS, MC, USN DEPUTY C.O.
CAPT F.B. ESSMAN, MSC, USN ADMINISTRATIVE OFFICER

Capt. D.L. Custis, MC, USN C.O., Naval Hospital
Capt. E. J. Rupnik, MC, USN C.O., Naval Medical School
Capt. W.C. Wohlfarth, DC, USN C.O. Naval Graduate Dental School
Capt. T. Richter, MC, USN C.O., Naval Medical Research Institute
Capt. R.M. Tennille Jr., MSC, USN C.O., Naval School
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Medical reserve unit helps out here

On the third Saturday of each month, some 30 Naval Reserve Hospital Corpsmen supplement the staff of the Hospital here. These men and women are members of Reserve Surface Division 5-43(S), attached to the Naval Reserve Training Center in Adelphi, Md.

In fulfilling their monthly drill obligation, the reservists are assisting the weekend ward and departmental personnel in patient care. In return the reservists are getting practical experience to supplement their professional training at the training center.

Working here allows the reservists to use and refresh their skills. Most of the reservists have served two or more years of active duty—some of them at Naval Hospitals, and others either aboard ship, or in the Republic of Vietnam.

Leaving their normal civilian occupations, as students, insurance-salesmen, clerks, computer specialists, policemen, medical and research workers, and others, the reservists arrive at the hospital by 8 a.m. Following muster, they are assigned to the various areas of the hospital where their individual skills and experience will

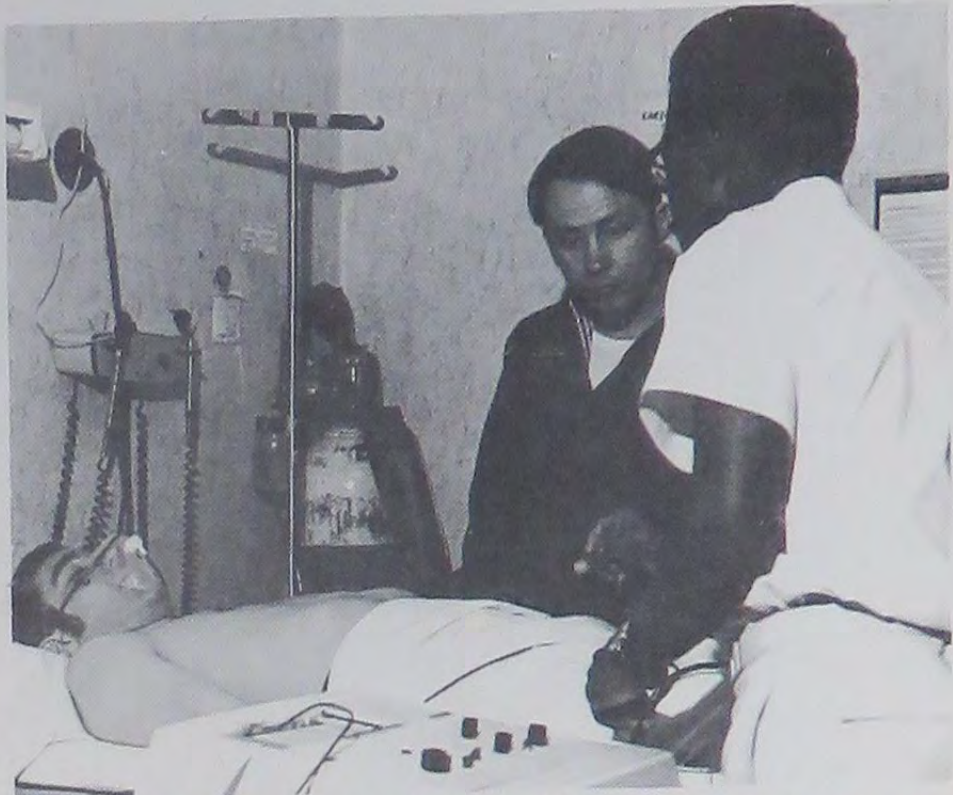
be put to use.

While some are lending a hand on the wards, other members of the division may be found in the lab, preventive dentistry clinic, pharmacy, central supply room, emergency room, operating room, and even at the information desk. Assignments are not rigid, and may vary depending on hospital needs.

The services of the reserve unit at the Hospital are not a recent innovation—the unit has engaged in its support program for many years. In the past, the division held one weekend drill at the Hospital every third month. But recently, under the leadership of Cdr Robert E. Laubach, members of 5-43(S) increased the frequency of their support to the present rate of one day per month.

Having more than 60 Para-medical personnel on its roster, the division is well suited for the job at hand.

Article by HM1 P.A. Krautwurst, and HM2 J. Stone. Photo by P. Krautwurst.



LCdr David R. Halbert, staff medical officer gives instruction in emergency room techniques to HM2 McDorman. USNR.



Miss Cheryl Roock, hematology supervisor, and LCdr Gerald Penn, head of the hematology laboratory, cut the ribbon officially opening the newly renovated hematology lab. Looking on are: (from left) RAdm Felix P. Ballenger, commanding officer of the Center, Capt Martin J. Valaske, chief of the laboratory service, and Capt Paul Kaufman, director of clinical services, and acting commanding officer of the Hospital. Laboratory technicians, Geraldine Egan, and HMI Eugene Cager, are already at work in the lab.

The laboratory service had to move hematology out of its spaces during the installation of central air condition equipment, and used the occasion as an opportunity to refurbish the spaces, and to provide for a more efficient work flow. Dr. Penn said the project also provided "badly needed storage space and a more pleasant work atmosphere."

One of the hematology rooms was outfitted as a classroom for special curriculum students.

The hematology renovation is part of a complete renovation of the laboratory service which is scheduled to be completed early in 1973. Since January 1970, when the lab was transferred from the Medical School to the Hospital, the 15 services in the lab have been gearing up to provide services to other military medical facilities in the area. Under the new regional concept of Naval Medical facilities, smaller facilities such as Patuxent River, Quantico, and Annapolis will send most of their lab specimens here for analysis.

Broomhead

(Continued from page 1)

Navy, VAdm George M. Davis. "I am happy," he said, "to know that you have received this recognition of your outstanding career with the Medical Department of the Navy. I wish to extend my personal congratulations and also to wish you many years of happiness and good health in your well-earned retirement."

Elizabeth Broomhead has attended and taught at several colleges and universities. She received her bachelor of arts degree in economics from Mount Holyoke College in Massachusetts, and her master of arts degree in psychology from Columbia University in New York City.

She has lectured at the George Washington University and the Washington School of Psychology. She spent four years as a consultant to several psychiatric institutions while she

was working at NNMC.

In 1943, Miss Broomhead was commissioned as an ensign in the Navy's Medical Service Corps and served as Senior Psychologist at the Naval Hospitals at Portsmouth and Bethesda.

When she left the Navy in 1947, she remained at the Hospital here as a civilian clinical psychologist, where, acting as a teacher and administrator as well as a clinical psychologist, she helped to train all clinical psychologists who were commissioned into the Navy.

Now that she is retired, Miss Broomhead plans to stay in the area, adding, "I have many friends here." When she received her award at the NNMC ceremony, she thanked her friends and colleagues for their dedication, saying, "None of this would have been possible...all by myself."

Wife of NSHCA student CG wife of year nominee

She teaches problem children. She recruits other volunteer teachers. She flies airplanes. She's a ham radio operator. She loves to sail. She's Dorothy Ann Tuller, wife of Chief Warrant Officer Steve Tuller, U.S. Coast Guard, a student at the Naval School of Health Care Administration, and she's a nominee for the Coast Guard Wife of the Year contest.

Mrs. Tuller has been named one of six finalists in the contest. The winner of the Coast Guard Wife of the Year title, to be announced in mid-March, will go on to compete in the Military Wife of the Year contest to be held in April.

Going and doing is Dorothy's lifestyle. She spends up to 12 hours a day, five days a week, at the Herndon Intermediate School in Herndon, Virginia, working with problem children. Whenever she gets the opportunity, she speaks to wives clubs in the Washington area to try to recruit more volunteers for the Herndon project. "You don't need to be experienced in counseling or teaching to qualify as a volunteer," she says, "I often help train people on the job."

Dorothy Tuller is originally from Brooklyn, New York. She earned her bachelor of science degree in chemistry and her masters degree in education from Boston University.

She has her commercial pilot's license, too, and loves to fly, though she regrets there is little time for it now. She once worked as a test flight engineer for Overseas National Airways, and also as a "free lance" charter pilot on the West Coast.

This May she plans to get her feet off the ground once more in "The Angel Derby," an all-womens' international air race from Ottawa, Canada to Fort Lauderdale, Florida. She and another woman will co-pilot a plane in the race.

Ham radios are another of Dorothy's interests. She has her Technician's License from the Federal Communications Commission and her Third Class Commercial License.

"But I don't have my own equipment anymore," she sighs. "It's such delicate equipment, and we have been moving around too much to carry it with us." But she keeps up with the business by contacting other ham operators in areas where she goes.

Steve is a member of NSHCA Class No. 33 which is scheduled to graduate in June. He hopes to receive his bachelor of science degree from George Washington University around the same time. Though he has no definite plans after graduation, Steve does know he will be serving as a medical administrative officer in the Coast Guard.



Montgomery County high school students besiege LT Lillard G. Ashley with questions on coronary heart disease following a lecture Dr. Ashley gave here. The lecture was one of a series given to local high school students at the Medical Center and at the National Institutes of Health (NIH) as part of "The Student Research Fellowship Program," a project sponsored by the Montgomery County Heart Association.

Students from high schools in Montgomery County were invited to attend the series of lectures here and at NIH during January and February. At the conclusion of the lectures, an optional competitive examination will be given based on the content of the lectures. The top 12 scorers will receive awards of \$150 each and the opportunity to work with prominent physicians and medical research scientists during the summer at NNMC and NIH.

Students in the program must be at least 16 years old by June 21, 1972, and live or attend school in Montgomery County.



"We have 40 casualties!"



"Corpsman!"

A disaster drill

A disaster control drill was held here to "test the response of the NNMC Disaster Preparedness Plan to an on-base disaster."

The "disaster" was an explosion and fire in a machine room at the Armed Forces Radiobiology Research Institute. Forty persons were "injured."

Reports by observers at the drill said that "all hands responded exceedingly well." The only area of weakness was in communications. The observers felt that radio operators and communicators should receive more frequent training in communication procedures, and that messages should be more specific.

Capt. Edward J. Rupnik, Disaster Control officer, said, "The enthusiastic response to the drill should give all concerned a feeling of reassurance that in a real disaster the Center will be capable of responding to the demands placed on its medical and supportive functions. The success of this drill, and reassurance therefrom, should not lull us into a state of complacency regarding our state of readiness. It will only be through constant training and testing at frequent interval, that we will be capable of responding to future disasters, real or imagined."



"Get him to the triage tent!"



"Neither sleet, nor rain, nor snow..."



"Observers watched every phase of the drill."



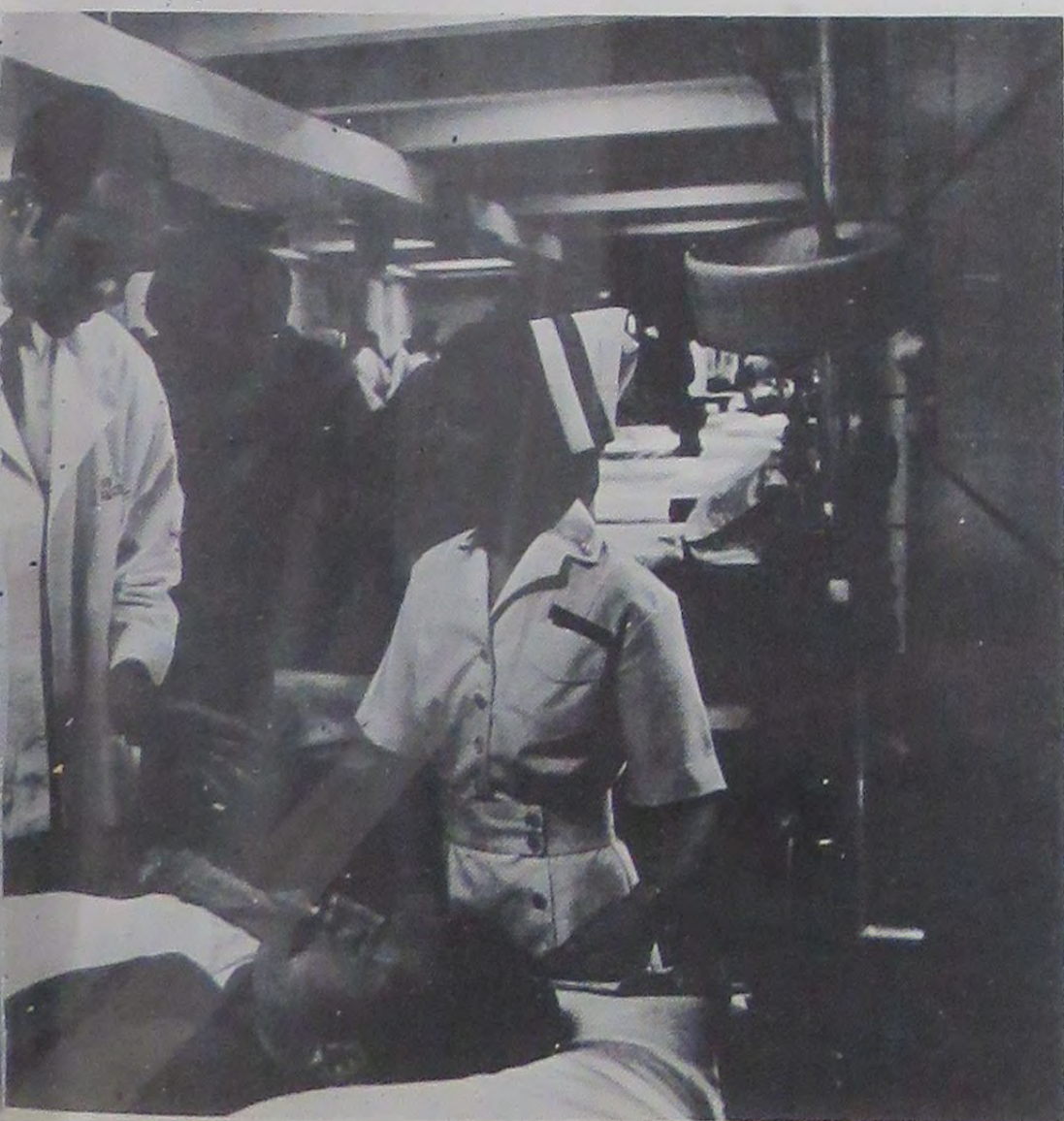
"Set up the Control Center."



"Building 104 is on fire--a helicopter crashed into it!"



"We need more bandages!"



"First we have to..."



"The ambulances are on the way."

Drug abuse: A bad scene



QUESTION: HAVE YOU EVER HAD A BAD TRIP ON ACID?
ANSWER: Well, if you're talking about flipping out, I flipped out.
QUESTION: WHAT WAS IT LIKE;
ANSWER: It was a nightmare.
QUESTION: COULD YOU EXPLAIN IT?
ANSWER: It's terrifying is what it is. It's the most scariest thing you ever had happen to you. That's what it is. It's the most terrifying experience I had in my life.

These questions and answers were part of an interview with a drug addict conducted by a reporter for the Navy newspaper in Rota, Spain. The drug abuser is currently in the Drug Exemption Program, trying to halt his drug habit.

President Nixon has labelled drug abuse "America's Public Enemy Number One." Last June 17, he directed Secretary of Defense Melvin Laird to start a four-part program to combat drug abuse in the Armed Forces. The four parts are:

- 1) Identification of drug-addicted servicemen in Vietnam;
 - 2) Institution of a detoxification program to treat servicemen before they return to the United States;
 - 3) Expansion of treatment programs in the United States;
 - 4) Development of a world-wide program of identification and treatment.
- All four parts of that program are under

way now, with the emphasis shifting to parts three and four as American involvement in Vietnam subsides.

To expand its treatment facilities in the United States, the Navy opened its second Drug Rehabilitation Center at the Naval Air Station, Jacksonville, Florida, in October. The first Drug Rehabilitation Center is located at the Naval Air Station, Miramar, California. Each of these centers has a normal capacity of about 300 patients, with staffs of 200 military and civilian personnel.

In addition to these two centers, there are a number of drug treatment facilities that have been set up by local commands, such as those at Newport, Rhode Island, and Pearl Harbor, Hawaii. Some of these facilities operate 24-hour-a-day information centers to take calls from people with drug problems at any time.

One of the mainstays of the Navy's effort to develop a world-wide program for the identification and treatment of

drug abusers, in line with part four of the President's program, is the Drug Exemption Program, established by Secretary of the Navy John Chafee.

That program has been in operation for over six months now. It offers a person who is using drugs a way to seek treatment without incurring any punishment. Personnel in the program can get medical treatment, either at their own base, or, if need be, at one of the two rehabilitation centers. After treatment, they can remain in the service, or be released from active duty with a General Discharge under Honorable Conditions or an Honorable Discharge. Since the Exemption Program was started, approximately 4,000 people have entered it.

In addition to this program, the Navy has expanded its facilities for screening its personnel for drug abuse. The goal is to achieve the capability to screen Naval personnel periodically. Current plans call for reaching that goal early this year.

The Exemption Representatives here are:

Command	Representative	Extension
NNMC	LCdr Wentworth	50577
Hospital	Lt Shepherd	51176
Medical School	Ltjg Chapman	50124
Dental School	Capt Selfridge	50082
Dental School	Cdr Holroyd	50180
NMRI	Lt Hill	51224
NSHCA	Cdr Auton	51314
NTU	LCdr Hill	50135

Active duty military must pay state taxes

Generally speaking, the fact that an individual is on active duty in the Armed Forces does not automatically exempt him from liability for State and local income taxes. The Soldiers' and Sailors' Civil Relief Act, however, reserves the right to tax a serviceman's income to his State of original residence or domicile, which is sometimes referred to as his "home" state.

The Act also protects him from taxation by a State of which he is not a legal resident, except, as a non-resident, within such State.

A home State may also tax such non-resident income, unless exempt by its laws, but reciprocal tax credits can reduce the burden of dual taxation.

Each United States citizen member of the Armed Forces has a "domicile" in one of the States or Possessions. The law recognizes,

however, that such member has but one home State or domicile, that is, only one State where he is a legal resident for tax purposes.

The Soldiers' and Sailors' Civil Relief Act provides that, for tax purposes, a serviceman who is absent from his residence or domicile, solely by reason of compliance with Naval or military orders, shall not be deemed to have gained a residence or domicile in any other State while so absent.

In determining its right to tax an individual, a State frequently looks to see whether the individual has claimed benefits based on domicile, or has exercised his right to vote—one of the strongest indicia of domicile.

Copies of Wage and Tax Statements, IRS Form W-2, are being furnished by the Navy to States (and cities, if applicable), which members indicate to be their domicile (or in the

absence of such indication, to the State where serving), except while on sea duty, or while stationed outside the 50 States and the District of Columbia. The fact that Wage and Tax Statements are furnished or not, is not in itself determinative of tax liability.

It is the personal responsibility of each serviceman to obtain necessary forms, file returns, and pay his taxes. Help with problems connected with determining tax liability may be obtained from the Legal Office on Tower 18 building 1.

Members who do not know the State income tax requirement for their home states should check the "Summary of Income Tax Laws of States and Possessions of the United States," enclosure (1) to JAG Instruction 5840.6C, which is available in the personnel office.

Personnel in the spotlight

NNMC

Edith V. Beitz, laundry worker, received an Outstanding Performance Rating.

Arnold Deleonibus, automotive mechanic, received a Sustained Superior Performance Award.

Betty A. Edmunds, teletypist, received an Outstanding Performance Rating.

Joseph Hungerford, warehouseman, received an Outstanding Performance Rating.

Minnie L. Johnson, janitor, received an Outstanding Performance Rating.

H. A. Leusenkamp, Jr., refrigeration and air conditioning mechanic, received an Outstanding Performance Rating.

Norman L. Long, general supply clerk (typing), received an Outstanding Performance Rating.

Peter Mack, janitor, received an Outstanding Performance Rating.

Allen L. Nicholson, pipefitter, received a Beneficial Suggestion Award.

Margaret H. Russell, a procurement clerk in the Supply Department, retired after 12 years of Federal Service, three of them here at the Center.

William E. Sterling, superintendent I, received an Outstanding Performance Rating.

HOSPITAL

Byron N. Baldwin was advanced in rate to HM2.

Michael T. Banko, was advanced in rate to HM2.

Willie J. Barnes was advanced in

rate to HM1.

Mary L. Buck, food service worker, received an Outstanding Performance Rating.

HN Calvin Gebhard, a corpsman on T12, received a Letter of Appreciation from the Commanding Officer of the Hospital.

Gertrude C. Grant, secretary (stenography), received an Outstanding Performance Rating.

David R. Grote was advanced in rate to HN.

Edwin C. Leach was advanced in rate to HM2.

Susan J. Litz, clerk, dictating machine transcriber, received an Outstanding Performance Rating.

Thomas Martinez was advanced in rate to HN.

John M. Miner was advanced in rate to HM2.

Richard V. Munyon was advanced in rate to HN.

Peggy J. Rohlf, was advanced in rate to HN.

Richard Schutz was advanced in rate to HM2.

Clarence E. Todd was advanced in rate to HM2.

John A. Watt was advanced in rate to HN.

Mary R. Williams, medical training coordinator, received an Outstanding Performance Rating.

MEDICAL SCHOOL

Gary L. Allen, lab student, was advanced in rate to HM3.

David W. Bradley, PTOT student, was advanced in rate to HM3.

Rose Corcoran, clerk typist in the

Nurse Corps Training Division, retired after 20 years of Federal Service, four of them here at the Center.

HM3 Perfecto T. Custodio, X-ray student, reenlisted for five years.

Larry V. Doonan, medical photography student, was advanced in rate to HM2.

HN Michael P. Grissom was commissioned as Ensign in the Medical Service Corps, and is currently attending an Orientation Course at NSHCA.

Chris E. Hagberg, lab student, was advanced in rate to HM3.

HM2 Melvin K. Hawkins, tissue culture student, reenlisted for six years.

Donald G. Henry, lab student, was advanced in rate to HM2.

Larry W. Hughes, lab student, was advanced in rate to HM3.

Denis E. Johansen, PTOT student, was advanced in rate to HM3.

Daniel Marsick, lab student, was advanced in rate to HM3.

Joseph M. Mason, PTOT student, was advanced in rate to HM3.

William L. Mayfield, lab student, was advanced in rate to HM2.

Scott McDonald, medical photography student, was advanced in rate to HM2.

Robert A. Miller, lab student, was advanced in rate to HM3.

Thomas Nezovich, PTOT student, was advanced in rate to HM3.

Terry G. Pudwill, lab student, was advanced in rate to HM3.

Richard Purdham, lab student, was advanced in rate to HM2.

Richard Tallman, lab student, was

advanced in rate to HM3.

Theodore G. Tarnowski, film library assistant, received an Outstanding Performance Rating.

Peter J. Torrey, lab student, was advanced in rate to HM3.

DENTAL SCHOOL

Alpert English was advanced in rate to DT2.

Donald E. Gunnet was advanced in rate to DT3.

NMRI

Louis C. Gershman was promoted to Lieutenant Commander, Medical Corps.

Richard M. Newton was advanced in rate to HM2.

Richard A. Perryman was promoted to Lieutenant Commander, Medical Corps.

David W. Thomas was advanced in rate to HM2.

Charles E. Woodward was advanced in rate to HM1.

NSHCA

Lt Larry O. Simmons received the Navy Achievement Medal.

AFRRI

Anne Dawes, comptroller office, received a Quality Salary Increase.

Jane Groff, comptroller office, received a Quality Salary Increase.

George Lee, of radiation biology, received a Quality Salary Increase.

Charles L. Robinson, of safety and health physics, was promoted to SP5.

Capt Robert J. Woodhouse, USAF, BSC, received the Air Force Commendation Medal.

Distaff Doings

If you doctors' wives are wearied by the pitter patter of little feet, you can thrill to the thundering of horses' hooves if you join the **NAVY DOCTORS WIVES CLUB** for "A Day at the Races" on March 2nd. Bowie Race Track is opening its gates to the wives. A tasty buffet luncheon will precede the races, and once you get to the track, closed circuit television will be provided for your convenience. In addition to the good food and good company, Bowie will dedicate one of its races to the ladies.

Checks and reservation requests should already be in, but if you're already signed up and have questions, give Sandy Dobecki a call at 881-4562.

The doctors' wives love dolls and summer dresses, and plans for their Benefit Fashion Show, "Let The Sun Shine In," on March 29th show it: A 15-inch velvet doll, named "Little Susie Sunshine," and her complete handsewn (by the wives) wardrobe will be given away at the luncheon.

Also, real live dolls, alias fashion models, will promenade and swirl about in the newest and brightest spring and summer fashions by Mark Daniels of Rockville to the swinging sound of the Navy Band Combo.

The best thing about this luncheon, though, is that all proceeds from it will go to completing the redecorating of the waiting room of the Intensive Care Unit here at the Hospital. The doctors' wives began the project with proceeds from their fashion show luncheon this time last year. They hope to finish the job this year.

Jean Morioka is the hostess of this March luncheon, which will be held around the noon hour at the O Club on base.

Infant dependents are the focal point of one of the doctors' wives' on-going projects. A do-it-yourself-at-home endeavor, this project

involves the sewing of layettes for Navy Relief families. There are only four garments in a layette, but more doctors' wives are needed to help make them. If your needle and thread have been sitting around dormant this winter and you want to help, call Pat Lee at 929-9405.

The **CHIEF PETTY OFFICERS WIVES CLUB** has installed its new officers, and plans are brewing for an active year. The new president is Lois Custead, the new vice president is Helen Trimmer, the new secretary is Audrey Norman, and the new treasurer is Mary Lee. Congratulations to the new officers and good luck with your 1972 itinerary!

Beware the ides of March -- especially when you're placing a bet! The **MEDICAL SERVICE CORPS WIVES CLUB** plan to take their chances on March 9th at their "Day at the Races" at Bowie Race Track. After a delectable buffet lunch, Bowie will provide the ladies with on-the-track reserved seats and closed circuit television. And, like our doctors' wives, the MSC wives will have an entire race dedicated publicly to them.

If you have any questions about the arrangements for the racetrack trip (bus leaves the O Club here at 10:45 a.m. el pronto!), give Maggie Still a call at 881-3461.

Also, the official MSC Wives Club Officer Nominating Committee has been appointed and will parley sometime around the end of February. Then they will present the slate of nominees to the club members at the March luncheon, which just happens to be at the Bowie Race Track (see above paragraph for particulars!) The chairman of the nominating committee is Irene Schoenmann, and her board members are: Margaret Hill, Gladys Bender, Marge Essman, Jane Pavlik, Barbara Ray and Flo Tober.

International intrigue should fill the air at the **NAVY DENTAL OFFICERS WIVES CLUB's** March luncheon when a professional

woman with a unique government job describes her creative ventures to all corners of the earth. Anita Laird, Director of Interior Design, Department of State, spends her working days traveling to American embassies all over the world. Her talent is in the decorating and furnishing of the embassies. She will be bringing with her samples of the official china and silverware patterns that are used in the American embassies in different foreign countries.

In addition to Mrs. Laird's fascinating talk, a tempting menu highlights the March 8th festivity. "Hawaiian Breast of Chicken" will be accompanied by steaming peas and mushrooms, fluffy rice, fresh tossed salad with Thousand Island dressing, hot buttered rolls, and coffee or tea. And to add that deliciously cool finish, vanilla ice cream with creme de menthe sauce will be dessert. A tart Rhine wine will be served with the meal. Sounds like a worthwhile day for Dental wives to spend at the Officers' Club!

Reservations for the luncheon must be in by March 4th, and you can call either Susan Mach, 493-5875, or Loretta Elder, 280-1405. Loretta is the hostess for this March luncheon.

Dental wife, Jane Arthur, is sending out a cry for help. Volunteers are needed in the Thrift Shop at Anacostia Naval Air Station to help mark and sell goods on Mondays, Tuesdays, and Thursdays. Also, she says, children's clothing and pots and pans are badly needed by the Shop. If you can help Jane out in any way, please give her a call at 536-9291.

If you've always wanted to learn to knit or to stitch crewel, but have shied away because it seemed too big a project to undertake by yourself, you can banish your fears. Two beginner classes, one in knitting and one in crewel stitchery, are in the process of being organized by Dental wives. If knitting is your interest, call Lois Peterson at 469-7623, and for crewel stitchery, call Celia Smith at 893-0637.



Hail and farewell! New officers of the CPO Wives Club were installed at their January meeting, and last year's officers were on hand to participate in the "changing of the guard." Here, after the ceremony, a portrait of the old and the new: (left to right) Irene Walter, 1971 treasurer; Bert Hall, '71 secretary; Lois Custead, '72 president; Marilyn Komaromy, '71 president; Barbara Creech, who is standing in for Helen Trimmer, '72 vice president; Audrey Norman, '72 secretary; and Mary Lee, '72 treasurer.

Annie Lou Cyr retires

Mrs. Annie Lou Cyr really knows her numbers! For the past 28 years she has worked with medical statistics for the Bureau of Medicine and Surgery. She retired last month at a ceremony held here.

The Surgeon General, VAdm. George M. Davis, wrote Mrs. Cyr in a letter of appreciation, "Your record of service has been exemplary and is tangible evidence of your dedication to values and ideals which are questioned today - loyalty, patriotism, and dedication to the service of your country. You can be justifiably proud of your excellent service and the outstanding personal characteristics which have governed your performance."

The third of eight children, Annie Lou Etheridge left Dothan, Alabama in 1936, and came to Washington, D. C. to see the sights. She got a job as a cashier in a Washington restaurant where she remained until 1943 when she entered the Civil Service and became a junior clerk in BUMED's Division of Preventive Medicine.

She was subsequently promoted to Assistant

to the Head, Communicable Disease Reports Unit, and then to Statistical Supervisor where she had the responsibility for processing approximately 8,000 monthly reports for the medical activities of all naval ships and stations.

In 1946, she became Head of the Reports Branch of a newly formed Medical Statistics Division. This Division later became the Data Processing Division of BUMED, and finally, in 1966, it became the Naval Medical Data Services Center and was relocated here. Mrs. Cyr remained with her division throughout all the reorganizations and relocations.

Except for one other employee, says Mrs. Cyr, she has been with this particular division of BUMED longer than anyone else. "I have really grown up with the Medical Service Corps at Data Services," she recalls.

At her retirement ceremony, she remarked that her "association with the Bureau has been very gratifying...I highly recommend the field of data processing to newcomers...it's a wide open field with a good future."

Twix the lines

Revision of Fitness Reports

Officer fitness reports are under revision. One section affected is where officers are compared with others of their same rank. An officer can now be ranked from a high of "recommended for accelerated promotion," through "one of the top few," to "excellent performer," and, further down the line, to "unsatisfactory."

Under the revisions being considered, the top three blocks, mentioned above, will be expanded so the reporting senior can more accurately designate an officer as a better performer than his almost-equal peers.

Also, all reporting seniors are being reminded that an officer can be nominated for accelerated promotion regardless of time in grade, meaning an officer promoted to Commander in early March, can be nominated for accelerated promotion to Captain in his fitness report of March 31.

These and other revisions to the fitness report system are to be distributed to all commands shortly.

New Navy Ombudsman

RAdm Charles Rauch, Jr., will soon become the Navy's new "Ombudsman" as head of the Pers P (for personal) section in the Bureau of Naval Personnel. In Z-Gram 48, Admiral Zumwalt described the "Ombudsman" by stating, "His primary responsibility

will be to help anyone in the Navy obtain answers to questions he is asking."

October 13 Official Navy Birthday

The Navy has established October 13 as the official date for observance of the Navy Birthday. The Navy League, which had sponsored its celebrations on October 27, will also schedule its observances on the new date.

A Boost for Minority

The Broadened Opportunity for Officer Selection and Training (BOOST) program is designated specifically for minority racial/ethnic members who, because of educational deficiencies, are unable to successfully gain acceptance into a Navy officer training program.

BOOST attempts to assist eligible persons with the potential for educational advancement to overcome their educational deficiencies in order to attain the necessary criteria for acceptance to the Naval Academy, NROTC, or NESEP (Navy Enlisted Scientific Education Program).

The BOOST program is a part of a coordinated effort to improve the racial/ethnic imbalance presently existing in the Navy's officer corps.

Background and application procedures are contained in BuPers Notice 1500 of March 15, 1971. Applications for the Fiscal Year 1973 class must reach the Naval Recruiting Command (Code-015) not later than March 15, 1972.

Wage board pay increase announced

On February 2, the Office of Civilian Manpower Management announced Wage Board pay increases retroactive to November 14, 1971. The increases resulted from the Annual Wage Survey directed and coordinated by the Civil Service Commission.

The average increase is 5.9 percent. Non-supervisory wage grades received a 22 cents an hour raise, leader wage grades received 24 cents, and supervisory grades went up 33 cents an hour.

The night differential rates were increased by one cent to 21 cents per hour.

These increases will be applied to all CFWS employees on NNMC rolls during the retroactive period.

Dental "cold" for 8 minutes—lose 2nd half

The Naval Security Station Gunners took first place in the second half of the Intramural Basketball season by beating undefeated Dental by a convincing 60-39 score in the last regular season game.

Dental, which went into the game with a 17-0 record on the year, "Just went cold," in the last eight minutes, according to Denny Garner of the Dental

team. "We were getting the shots, but they just won't roll in."

Only six points down at the half, and eight points behind at the middle of the second half, Dental began making mistakes. After only committing six fouls in the first half, they sent the Gunners to the line 12 times in the second half.

The Gunners' high scorer,

Hatler (16 points), dumped in seven consecutive free throws in the second half, six of them in the last eight minutes.

Dan Hutchinson, high scorer for Dental, got all 10 of his points in the first half and fouled out with five minutes to go in the game.

Dental won the first half of the season with a 9-0 record. The gunners were second with a

8-1, their only loss to Dental. Now that the Gunners have won the second half, as we go to press the two teams were scheduled for two-out-of-three game series to decide the intramural championship.

Both teams are also slated to represent their respective commands in the Naval District Washington Tournament to be held here in March. Depending on the drawing for the schedule, and their successes in the tourney, they could conceivably

end up playing each other eight times this year.

Basketball Standings
(second half of the season)

Team	won	lost
Gunners.	9	0
Dental	8	1
Residents	7	2
NMRI	5	4
PT	4	5
Lab	4	5
Boondockers	3	6
Cardiology	2	6
AFRRI	2	7
N:P	0	8

Solomons opens reservations

On March 1, the Navy Recreation Center at Solomons, Md. will begin processing reservations for the coming summer months. Special Services has information on the Rec Center, and has forms for reserving cottages, camping areas, and other facilities.

Special Services has rented a

three-room bungalow at the Rec Center from May 25 through September 10. The active duty military staff of the Center and component commands are eligible to reserve the bungalow through Special Services. The bungalow will be rented for a maximum of seven days to one family.

Camping trailers are also available again this year.

Reservations for the bungalow and for camping trailers will be accepted (in person only) beginning April 1. A ten dollar deposit is required both for the bungalow and for the trailers.

First NDW Judo match here

The Center will host the first Naval District Washington Judo Tournament. The tourney will be held here on February 26, at 12 noon in the NNMC Gymnasium.

There will be six weight classes: 139 pounds and under, 154 and under, 176 and under, 205 and under, over 205, and open. There will be three place

awards given in each class.

The bad point system will be used. The loser of each four minute bout will be given "Bad Points." If the winner used poor form in the bout, he also may be given points. The contestant with the fewest points at the end of the tourney will be the winner. In case of ties, the contestant with the lowest

weight will be the winner.

Winners of the NDW tourney will be eligible to attend a judo training class at Mather Air Force Base, in California, to prepare for the upcoming Pan-American games. The training class will be held from March 13 to April 21.

The NNMC self-defense club hopes to have eight or nine people entering the tourney, including William Kauffman who took 2nd place in the heavy weight white belt division of the Clarion (Pa.) Regional Division Judo Championships.



Dan Hutchinson of Dental sinks one in the first half of the Dental/Gunners showdown. John Hatler (12) and Ed Carey (15) try to block the shot.

BOWLING STANDINGS

Team	Won	Lost
CPO Club	40	20
Outcasts	37½	22½
Pinbusters	37	23
AFRRI	33	27
CP Lab	28½	31½
X-Ray	28	32
Spartans	27½	32½
M.I.T.S.	27	33
Mickey's Monsters	26½	33½
Lab	26	34
Goobers	25	35
Tenguins	24	36

INDIVIDUAL STATISTICS

High Game Scratch	Men	Phil Meek	246	Tie
High Game Scratch	Men	M. Presco	246	Tie
High Game Scratch	Women	Beverly Brennan	203	
High Game Handicap	Men	M. Presco	279	
High Game Handicap	Women	Janet Stahl	226	
High Series Scratch	Men	Phil Meek	607	
High Series Scratch	Women	Beverly Brennan	504	
High Series Handicap	Men	William Moritz	661	
High Series Handicap	Women	Beverly Brennan	589	
High Average	Men	Phil Meek	181	
High Average	Women	Francis Quinn	154	

NNMC to host NDW basketball

The Center will again be host for the Naval District Washington Intramural Basketball Tournament. It will be a double elimination tournament, played in the NNMC Gymnasium March 6-10.

Tournament Director William Dwyer says that 11 teams have

entered so far, but he expects to have 14 teams enter.

The Center will be represented by the Naval Graduate Dental School team. Dental finished Center league play with an 18-0 record.

Individual and team awards will be presented to the top three teams.

Centerite to help conduct Lombardi benefit tourney

Bob Salembier of the Naval Medical Research Institute has been appointed assistant director of an international tennis tournament to be held at the Georgetown University Gymnasium in Washington, D.C. March 6-12.

The tourney is sponsored by Equity Funding International, which is putting up \$25,000 prize money. Proceeds from the tournament will go to the Vincent T. Lombardi Cancer

Research Center to be built at Georgetown University.

Stan Smith, Clark Graebner, Jimmy Connors, Pauncho Gonzales, and 28 other internationally known players are scheduled to play in the tourney. This will be the last tournament on the U.S. Indoor circuit.

Tickets are being sold through Ticketron outlets.

President Richard M. Nixon is the honorary president of the tournament.

Commandant's trophy



Adm Arthur G. Esch, commandant of Naval District Washington, presents the Commandant's Trophy to Capt Tor Richter, commanding officer of the Naval Medical Research Institute. In the background are Lt Fred Slipsager, NMRI personnel officer, and HM3 Bob Salembier, representing the enlisted members who helped to win the trophy. (See story on page 1.)

NDW points scored by NMRI (1971 season)

SPORT	HONORS	PARTICIPATION	TOTAL
Tennis	Individual 1st 5 Team 3rd 1	2	8
Golf	Team 1st 5	2	7
Slow pitch Softball	Team 1st 5	1	6
Pocket billiards	Individual 2nd 4	2	6
Archery	Individual 3rd 3	2	5
Table Tennis	Team 2nd 3	2	5
Badminton	Team 3rd 1	2	3
Horseshoes		2	2
Volleyball	Team 3rd 1	1	2
Basketball		1	1
Bowling		1	1
Fast Pitch Softball		1	1
Touch Football		1	1
Totals	28	20	48



William C. Sanders receives the papers advancing the papers advancing him to Master Chief Hospital Corpsman from Capt Donald L. Custis, commanding officer of the Hospital. The Chief's wife "Willie" smiles approval.

Chief here 1 of 9 to make E-9

William C. Sanders, administrative assistant to the chief of the Operating Services Department of the Hospital, is one of nine Hospital Corpsmen selected for advancement to Master Chief Petty Officer for fiscal year 1972.

Chief Sanders is not new to the Center, having been stationed here twice before his current tour which began in 1968.

He was assigned to the Naval Medical School from 1959-60. He is both a medical administrative technician, and a laboratory technician. He graduated here from both the Clinical Laboratory School, and the Medical Administration School.

He enlisted in the Navy in 1942 and was discharged after the end of WWII. He enlisted again in 1951 and has served continuously since then.

During his career, he served with the Marines at Saipan, Iwo Jima, DaNang, and Saigon. He currently holds the 6th award of the Good Conduct Medal, the Vietnam Service Medal and the Navy Unit Commendation, the Vietnam Campaign Medal, the Asiatic and Pacific Campaign medals and the WWII Victory Medal.

When HMCM Sanders came to the Hospital in 1968 he was in inservice training for eight months and then helped to establish the Operating Service Department in the Hospital.

**National
Naval
Medical
Center**

NEWS

Volume 28, Number 3

March 1972

Captain Scofield retires

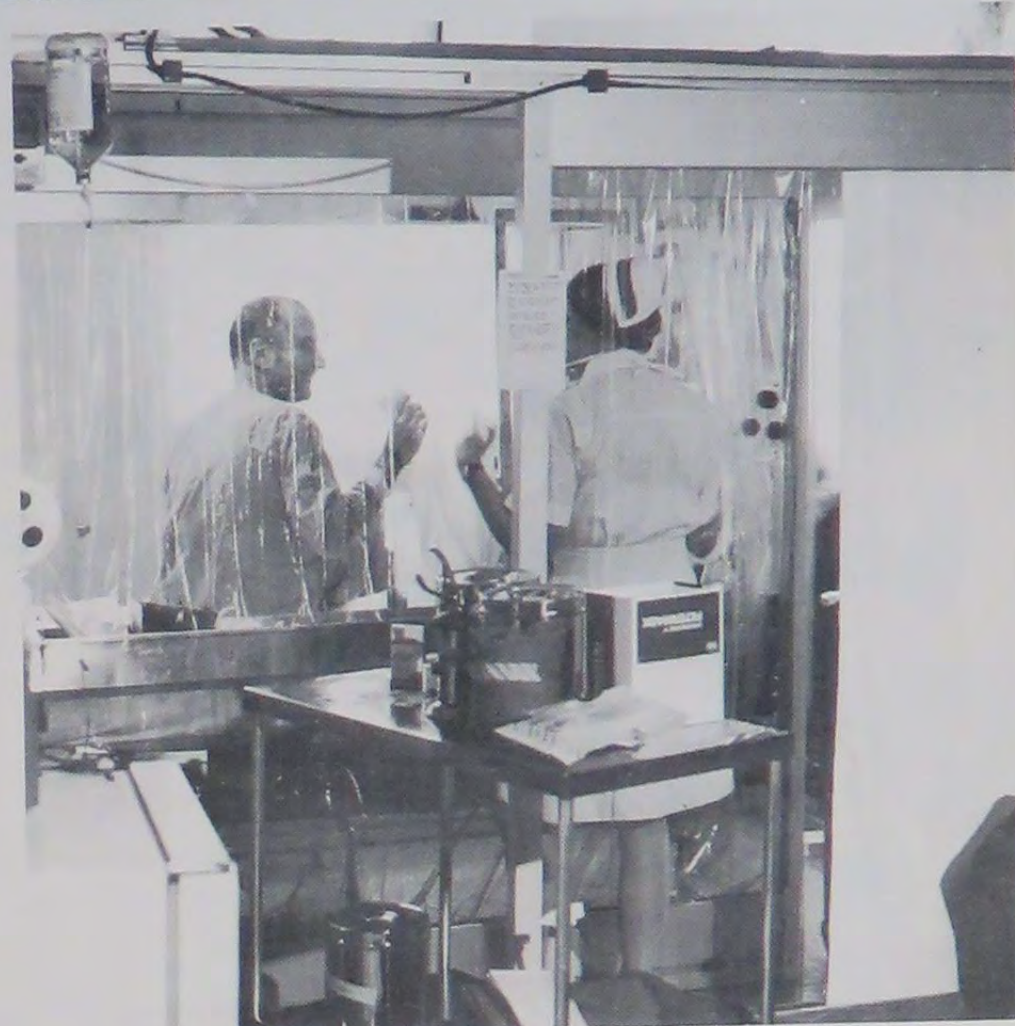
Capt Henry H. Scofield has retired from the Naval Dental Corps after more than 28 years of active service. Since December 10, 1965 he has been director of the Navy oral histopathology center and instructor in the graduate education programs at the Naval Graduate Dental School here. For his service in that assignment, he received the Meritorious Service Medal at a retirement ceremony and personnel inspection held in his honor.

A native of Chicago, Captain Scofield received the degree of Doctor of Dental Surgery from Loyola University School of Dentistry in 1945 and entered on active duty the same year, having accepted a commission in the Naval Reserve in 1941. In 1952 he received a master's degree in pathology from Georgetown University and in 1956 became a Diplomate of the American Board of Oral Pathology. From 1957 to 1963 he served as head of the oral pathology department of the Dental School here, and from 1963 to 1965 as chief of the dental and oral pathology division, Armed Forces Institute of Pathology, receiving the Army Commendation Medal for the latter assignment.

Captain Scofield is a director and currently President of the American Board of Oral Pathology. He is a Fellow and Past President of the American Academy of Oral Pathology, and a Fellow of the American College of Dentists. He is also a member of the American Dental Association, the American Society of Clinical Pathologists, the Washington Society of Pathologists, the International Academy of Oral Pathology, and the International Association of Dental Research.

Since 1962, Captain Scofield has served as a lecturer in oral pathology at the Georgetown University School of Dentistry and, beginning in 1964, as lecturer in pathology at Maryland University School of Dentistry and visiting lecturer in the department of medicine, Howard University. From 1963 to 1966 he served as associate clinical professor of pathology at The George Washington University School of Medicine.

Captain Scofield has accepted a position as associate professor of pathology on the faculty of the School of Dentistry, Georgetown University. He and his wife, Patricia, live at 10418 Democracy Lane, Potomac, Md.



LCdr John B. Childers, (ret), feels right at home as the first patient to use the new "isolation booth" on Tower 8. Ltjg Stephanie Cole has just brought him some refreshment. Two of these booths, called Laminar Flow Units (LFU's) have been added to the facilities on T-8, and are the last step in creating the Navy's first transplantation service.

The LFU's provide a sterile environment for transplant patients before and after surgery. Patients will spend from three to six weeks in the units.

Transplant patients are extremely susceptible to infections, therefore the need for the LFU's. Everything that goes into the units is either sterile, or is covered with sterile material. All food is monitored for bacteria.

The Transplantation Service is under the direction of Capt Kenneth W. Sell, and is a joint project of the Hospital and the Naval Medical Research Institute. Renal dialysis, renal transplants, and bone marrow transplants will be done by the service.

Chaplain talks on POW/MIAs

Chaplain (Capt) John D. Vincer, head of the Religious Activities Department of the Center, recently delivered the sermon at a special service held in Michigan for American Prisoners of War/Missing in Action, and their families.

The service was held at the Cathedral Church of Christ the King, in Kalamazoo, Michigan, where Chaplain Vincer is a Canon.

The special service featured a presentation of pencil sketches of POW/MIAs from Michigan.

The sketches were made by Mrs. Shary Aument to "show the men as persons, not just statistics, and to arouse public concern for them."

Families of POW/MIAs from Michigan were invited to the service.

President Nixon has designated March 26 as a National Day of Prayer for these Americans, and has designated the week beginning March 26 as the National Week of Concern for POW/MIAs and their families.

Sailor of the Quarter

The Naval Medical Research Institute has announced the selection of HM2 Chris L. Swan



HM2 Swan

as Sailor of the Quarter.

Swan, who works in the Administrative Office of NMRI, was cited by Capt Tor Richter, commanding officer of NMRI, for his dedication, and willingness to assume responsibilities outside normal requirements. He said of Swan, "Your example is the finest source of leadership, as others strive to emulate your attitude toward your work and to the Naval Service. Your appearance and military bearing compliment your initiative and willingness, and reflect great credit upon yourself and the Command."



Cdr Bernard Johnson, of the Naval Hospital, Philadelphia, asks a question at a seminar held recently for Medical Department captain selectees. Looking on are Cdr Donald R. Hauler, left, of the USS Enterprise (CVA 65), and CDR William M. Bason of NH, Philadelphia.

Four of the attendees at the seminar came from the Center. They were: Cdr Italo C. Mazzarella, of Physical Evaluation, Cdr Calvin B. Early of Neurosurgery, Cdr Thomas M. Allensworth Jr., of Operative Dentistry, and Cdr John E. Williams Jr., of Periodontics.

The Medical School here conducted the four-day seminar which featured speakers from the Bureau of Medicine and Surgery, the Center, several naval hospitals, and other government agencies.

You Can Quit!



The most serious and widespread health problem among active duty military personnel is cigarette smoking. Fifty per cent of officers and up to 70 per cent of enlisted personnel are habituated according to recent figures.

Cigarette dependency is a known, overwhelming cause of disability, disease, and death in the United States. Persons who smoke lose one-third more man-hours because of illness than those who have never smoked. The Public Health Service estimates that smoking leads to 300,000 premature death a year in the United States alone.

The ready availability and low cost of cigarettes, and certain social pressures and tensions, encourage smoking activities among servicemen. Many persons do want desperately to quit, but frequently do not know where to start.

One educational and rehabilitative anti-smoking program has been developed and used successfully by military physicians and dentists. It consists of a Hospital Phase and a Community Phase.

The Hospital Phase includes encouragement of hospital team members not to smoke before patients; the education of staff and patients to the hazards and psychology of smoking; the controlling of tobacco sales within the hospital confines; the creation of smoking in reception and treatment areas; the effective use of anti-smoking posters, films, pamphlets, buttons, paperweights, and other persuasive teaching aids and devices; and individual counseling of patients by well-informed health professionals during routine physi-

cal examinations and during regular out-patient visits.

The Community phase includes preventive educational efforts extending to base homes, schools, church groups, and clubs; the use of a fiberglass teenage smoking manikin, "Smoking Sam" to motivate children and adults.

Smoking Sam actually smokes and "inhales" a real filter cigarette by means of a built-in tubing system and a pumping apparatus. Tars and nicotine are accumulated in two one-quart glass lungs filled with angel hair which are located in Sam's hollow back.

The circulating smoke is realistically expelled through his nose. The tars quickly turn the artificial lungs black after only a few packs of cigarettes. During the demonstration, the bottles are removed and the children can look at the blackened lungs and smell Sam's breath.

A loudspeaker is built into Sam's chest and by means of a tape recording a two-way conversation between the doctor and the manikin is carried out.

Many patients will stop smoking after individual counseling alone, whereas others seem to need the support and guidance that only a group can offer.

Therefore, a group therapy

smoking withdrawal clinic, the Five-Day Plan to Stop Smoking, is also offered as part of the program's Community Phase. This plan consists of five consecutive evening sessions of one and a half hours duration. It is a copyrighted, worldwide public service program that has been conducted under the auspices of the Seventh Day Adventists since 1959.

Some clinics have taken the basic course and adapted it to the military situation. The plan is not religiously oriented (it is more like Alcoholics Anonymous) and it has been tailored to meet the needs of the group.

Lectures, films, demonstrations, and group discussions, including personal experiences are used to help the patient understand his habit. A buddy system and daily personal control booklets are considered vital parts of the plan. It also features the use of substitute tension relieving devices and a special fruit and liquid diet.

The plan also advocates increased physical activity. Exercise methods are used to help the patient understand the psychology of the smoking habit and to teach him the best means of reshaping a life without cigarettes.

No matter what the final results, physicians believe that the program is a success because it has increased the overall awareness of the problems and solutions to the cigarette smoking habit.

Chaplain's Column

"Dependability"

by Chaplain Joseph Frank

"Now you take Jones. There's a man for you. You can depend on him every time." One of the finest compliments that you can pay a man is the one given Jones. Dependability is an essential trait for one who aspires to be a success in life.

What is dependability? Dependability means that a person is someone special. That man is dependable on whom you can rely. He is a man of his word. His promises mean what they say and are always redeemed. If he is given a job to do, no one need worry about it further, for it will be carried through to completion.

Analysis will show that a man is trusted and relied upon because of three main attributes. He has judgment which is sound. He is truthful. He accomplishes what he sets out to do.

1. He has sound judgment. Judgment is that mental ability by which a man is able to size up a situation; to compare facts or ideas; to perceive the interrelationships of these facts and ideas; to distinguish true from false; real from counterfeit; to come to a decision.

2. He is a true speaker. "An Israelite ... in whom there is not guile," the dependable man's words mirror his mind. There is a transparent honesty about him which shines through his speech. His word is his bond.

3. He accomplishes what he sets out to do. Once he has embarked on a line of action, the reliable man carries it through to the end as far as this is humanly possible. He is resourceful, being able to overcome or to go around unexpected hurdles that suddenly appear in the way. He actually carries out his plan or program and arrives at his goal with the work done successfully.

This briefly is what dependability means. Let us continue to make this important quality a part of our character so that the words "you can depend on him every time," may find frequent echo in our own lives.

A plan for tomorrow

When you're young, a year can be forever. So it may seem irrelevant to think ahead 30 or even 20 years. Yet where do you hope to be ... then? If you are leaving the Navy after four years and have a job lined up, do you plan to be there 20 years from now? With the same company, or in the same line of work? That's probably how long you'd have to stay to start receiving retirement benefits.

Perhaps you are interested in one job, and settling in one place. Few employers can offer that assurance, if you want to get ahead. The average American family moves every five years. The average worker can expect four major job changes in his career. Two of them may involve learning completely new skills, because the old job is obsolete or automated, or a dead-end.

As a Navyman, your future doesn't have this uncertainty. You'll have a career filled with adventure, travel and opportunity, and yet one that provides life-long security for you and your family. In 20 years, chances are that you'll be a chief petty officer, and eligible for retirement if you choose - or go for 30 and a

full career.

With the Navy, you'll move a little more than your civilian counterpart - about once every four years. But your job won't be in constant upheaval. When you move to a new assignment, you won't have to start over, fighting the battle again and again. Your career growth continues at a smooth and uninterrupted pace.

When the time does come for that major change, you're better prepared than most. The average enlisted man retires at age 42, the average officer at 45. You're still young enough to plan a rewarding second career - on your own terms. You've earned a guaranteed life-long income, and that means a lot, especially for a family man.

In short, you can find yourself in a position most men only dream about. With a guaranteed income and security for your family, you're ready and equipped to embark on a second career of your choice.

The Navy can help you plan for tomorrow. All of your tomorrows, both in and out of uniform.

NNMC NEWS

National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER, MC, USN
CAPT D.L. CUSTIS, MC, USN
CAPT F.B. ESSMAN, MSC, USN

COMMANDING OFFICER
DEPUTY COMMANDING OFFICER
ADMINISTRATIVE OFFICER

Capt. D.L. Custis, MC, USN C.O., Naval Hospital
Capt. E.J. Rupnik, MC, USN C.O., Naval Medical School
Capt. W.C. Wohlfarth, DC, USN C.O. Naval Graduate Dental School
Capt. T. Richter, MC, USN C.O. Naval Medical Research Institute
Capt. R.M. Tennille Jr., MSC, USN C.O. Naval School of Health Care Administration
LCDr. T. Hill, MSC, USN OIC Navy Toxicology Unit
Public Affairs Officer, NNMC Editor-in-Chief
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Ralph Jones retires

Ralph O. Jones, a frequent contributor to the Center Beneficial Suggestion Program, has retired for reasons of disability after over 10 years of Federal Service.

Since he came here in August 1961, he has contributed six beneficial suggestions, four of which were adopted.

In a letter of commendation to Jones, RAdm Felix P. Ballenger, commanding officer of the Center, said, "Throughout

your career at NNMCM, you have been a valuable asset to the Public Works Department...You have demonstrated your determination and willingness to become a more valuable employee by participating in the Supervisory Development Program...."

He came to the Center as an electrician and was later promoted to Electrician Foreman.



Capt Henry W. Miller is wished well upon his retirement by his former commanding officer, RAdm David P. Osborne. Capt Miller, who was placed on the disability retired list, came to the Hospital here four years ago as chief of the Outpatient Services when Admiral Osborne was commanding officer of the Hospital.

The present commanding officer of the Hospital, Capt Donald L. Custis, at a retirement ceremony for Capt Miller, said, "The Outpatient Service, as it is today, is largely the result of the efforts of Capt Miller."

At the ceremony, Capt Miller was presented with a letter of appreciation from VAdm George M. Davis, surgeon general of the Navy. In the letter Admiral Davis said, "Your career has exposed you to many areas of clinical and administrative responsibilities which have always been met in an outstanding manner and with great diligence....I am sure that the recollection of your years of service in the Medical Corps will be a source of great pride and satisfaction, in the knowledge that yours has been a job 'well done'."



Center Senior Enlisted Advisors plan the Spring Cleanup Campaign that was scheduled for March 24. From left, HMCM Paul E. Ewald, of AFRRI; HMCM Herbert V. Miller, of the Hospital; HMCM Elmer B. Custead of NMRI; HMCM Carmine S. Guadagno, of NNMCM; DTCM Vernon R. Burke, of NGDS; HMC Arthur McGregor of NTU; and HMCM Kenneth D. Hill, of NSHCA, divide up the base into areas of responsibility for each command. The goal of the Cleanup Drive was to clean the entire base in one afternoon.

Sunrise Service scheduled

The public is invited to attend the 25th annual Easter Sunrise Service here on April 2 at 6:30 a.m. The service will take place at Lake Eleanor in front of the Tower Building. In case of inclement weather, the service will be held in the NNMCM Auditorium.

Guest speaker, Chaplain (Colonel) Herman N. Benner, US Army (Ret) will deliver the sermon. Chaplain Benner recently retired from the Army after a 26 year career that took

him all over the globe. He was awarded 18 medals and decorations during his service. He is currently the assistant secretary for military chaplains and personnel, for the Department of Chaplaincy Services of the American Baptist Home Mission Societies, in Valley Forge, Pa.

The Navy Band and the Sea Chanters will provide the music for the Service.

Free parking is available beside the Tower Building.



Chaplain Benner

Voting information for Servicemen

STATE	Democratic Headquarters	Republican State Central Committees	Residency requirements to vote in State	County	Precinct	Registration requirements for servicemen
ALABAMA	933 Nelson Bldg. Birmingham 35203	P.O. Box 3315 Birmingham 35205	1 year	6 months	3 months	A
ALASKA	Tyonek Bldg. (4th Ave.) Anchorage 99501	P.O. Box 1364 (129 W. 5th Ave.) Anchorage 99501	1 year		30 days	A
ARIZONA	1248 North Central Ave. Phoenix 85004	3300 North Central Ave. Phoenix 85012	1 year	30 days	30 days	B
ARKANSAS	720-900 Spring St. Little Rock 72201	917 West Markham St. Little Rock 72201	1 year	6 months	30 days	C
CALIFORNIA	Southern Office 417 S. Hill St., Suite 661 Los Angeles 90013 Northern Office 1182 Market St., #306 San Francisco 94102	918 J St. Sacramento 95814 Northern Office 2131 Jackson St. San Francisco 94115 Central Office 2917 Summit Circle Bakersfield 93306 Southern Office 177 Riva Alto Canal Long Beach 90803	90 days	90 days	54 days	B
COLORADO	220 West Alameda #40 on the Mall Denver 80223	1711 Pennsylvania St. Denver 80203	3 months		32 days	D
CONNECTICUT	525 Main St. Hartford 06103	410 Asylum St., Rm. 315 Hartford 06103	Town 6 months			B
DELAWARE	1534 Concord Pike Wilmington 19810	2007 Pennsylvania Ave. Wilmington 19806	1 year	3 months	30 days	B
DISTRICT OF COLUMBIA	1009 13th St., N.W. Washington 20006	310 First St., S.E. Washington 20003	No specified duration			D
FLORIDA	P.O. Box 1758 Tallahassee 32302	P.O. Box 311 Tallahassee 32303	1 year	6 months		B
GEORGIA	2501 Bank of Georgia Bldg. Atlanta 30303	1904 Monroe Dr. NE Atlanta 30324	1 year	6 months		B
GUAM	P.O. Box 456 Agaña 96910	P.O. Box 1697 Agaña 96910	Territory 1 year			E
HAWAII	33 S. King St., Suite 216 Honolulu 96813	Merchandise Mart Bldg., Rm. 438 Honolulu 96813	1 year			D
IDAHO	305 N. 8th St. Boise 83702	P.O. Box 2267 Boise 83701	6 months	30 days		E
ILLINOIS	104 N. 4th St. Springfield 62701	200 South 2nd St. Springfield 62701	6 months		30 days	C
INDIANA	801 Blinn Bldg. Indianapolis 46204	111 North Capitol Ave. Indianapolis 46204	6 months	Township 60 days	30 days	D
IOWA	500 Shops Bldg. Des Moines 50309	808 Fifth Ave. Des Moines 50309	6 months	60 days	10 days	E
KANSAS	Holiday Inn, Downtown Topeka 66601	Ramada Inn, Suite 10 501 Jefferson Topeka 66607	6 months	Ward or Township 30 days		C
KENTUCKY	100 W. Main St. Frankfort 40601	1619 Heyburn Bldg. Louisville 40202	1 year	6 months	60 days	B
LOUISIANA	No Central Headquarters	409 Azalea St. Lafayette 70501	1 year	Parish 6 months	3 months	A
MAINE	62 State St. Augusta 04330	187 State St. Augusta 04330	6 months	Municipality 3 months		A
MARYLAND	574 St. Paul Pl. Baltimore 21202	9 West Hamilton St. Baltimore 21201	6 months	(or city) 28 days		E
MASSACHUSETTS	11 Beacon St., Rm. 406-408 Boston 02108	73 Tremont St., Rm. 524 Boston 02108	6 months			D
MICHIGAN	Lansing Hq. J.F. Kennedy House Lansing 48915 Detroit Hq. 823 Lafayette Bldg. Detroit 48226	404 East Michigan Ave. Lansing 48933	6 months	(city/township) Resident 5th Friday before election		B
MINNESOTA	730 E. 38th St. Minneapolis 55407	4940 Viking Dr. Minneapolis 55435	30 days		30 days	D
MISSISSIPPI	None listed	P.O. Box 1178 Jackson 39205	1 year	1 year	6 months	B
MISSOURI	P.O. Box 719 Jefferson City 65101	P.O. Box 73 Jefferson City 65101	1 year	(or city/town) 60 days		C
MONTANA	Box 802 Helena 59601	1425 Helena Ave. Helena 59601	1 year	30 days		D
NEBRASKA	311 Anderson Bldg. Lincoln 68508	116 N. 12th St., Anderson Bldg. #212 Lincoln 68508	6 months	40 days	10 days	B
NEVADA	911 E. Ogden Ave. Las Vegas 89101	P.O. Box 1058 Carson City 89701	6 months	30 days	10 days	B
NEW HAMPSHIRE	Sheraton-Carpenter Motor Hotel Manchester 03101	134 North Main St. Concord 03301			6 months	D
NEW JERSEY	31-33 N. Willow St. Trenton 08608	Trenton Trust Bldg., Rm. 405 28 West State St. Trenton 08608	6 months	40 days		C
NEW MEXICO	Tower Bldg. Albuquerque 87103	610 Gold Ave. SW Albuquerque 87101	1 year	90 days	30 days	D
NEW YORK	Dryden East Hotel 150 E. 39th St. New York 10016	315 State St. Albany 12210	3 months	(or city/village) 3 months		D
NORTH CAROLINA	Hotel Sheraton-Sir Walter Raleigh 27602	1707 Hillsboro St. Hilton Inn, Suite 100 Raleigh 27605	1 year		30 days	D
NORTH DAKOTA	1902 E. Divide Ave. Bismarck 58501	P.O. Box 1917 Bismarck 58501	1 year	90 days	30 days	C
OHIO	88 East Broad St., Suite 1250 Columbus 43215	50 West Broad St. Columbus 43215	40 days	40 days	40 days	C
OKLAHOMA	2200 Hotel Oklahoma Oklahoma City 73101	103 Northwest 23rd St. Oklahoma City 73103	6 months	2 months	20 days	C
OREGON	3311 NW Roosevelt Corvallis 97330	322 Oregon Bldg. 494 State St. NE Salem 97301	Over 6 months			E
PENNSYLVANIA	510 N. Third St. Harrisburg 17101	112 State St. Harrisburg 17101	90 days		60 days	B
PUERTO RICO	Chase Manhattan Bank Bldg. Rio Piedras 00927	P.O. Box 507- Hato Ray San Juan 00919			1 year	A
RHODE ISLAND	150 Francis St. Providence 02903	87 Weybosset St. Providence 02903	1 year	(city or town) 6 months		C
SOUTH CAROLINA	P.O. Box 5965 Columbia 29205	P.O. Box 5247 Columbia 29205	6 months	3 months	30 days	B
SOUTH DAKOTA	336-1/2 Pierre St. Pierre 57501	P.O. Box 1099 Pierre 57501	180 days	90 days	30 days	D
TENNESSEE	305-6 Hermitage Hotel Nashville 37219	306 Gay St. Nashville 37201	1 year	3 months		D
TEXAS	702 Brown Bldg. Austin 78701	310 Littlefield Bldg. Austin 78701	1 year	6 months		D
UTAH	363 E. 2nd South Salt Lake City 84111	614 Crandall Bldg. Salt Lake City 84101	6 months	90 days		E
VERMONT	P.O. Box 231 Burlington 05401	P.O. Box 70 Montpelier 05602	90 days	(Town) 90 days		E
VIRGINIA	7th & Franklin Bldg., Suite 800 Richmond 23219	1001 E. Main St., Rm. 516 Richmond 23219	6 months		30 days	B
VIRGIN IS.	P.O. Box 22 Kingham, St. Croix 00850	P.O. Box 521 Charlotte Amalie, St. Thomas 00801	1 year		60 days	E
WASHINGTON	320 Alaska Bldg. Seattle 98104	497 Tyee Dr. Olympia 98502	1 year	90 days	30 days	E
WEST VIRGINIA	1400 Commerce St. Charleston 25301	P.O. Box 1007 Charleston 25324	1 year	(or municipality) 60 days		B
WISCONSIN	406 W. Gilman St. Madison 53703	P.O. Box 31 Madison 53701	6 months		10 days	C
WYOMING	P.O. Box 1964 Casper 82601	P.O. Box 241 Casper 82601	1 year	60 days	10 days	E
CANAL ZONE	Box 615 Balboa	No address listed				

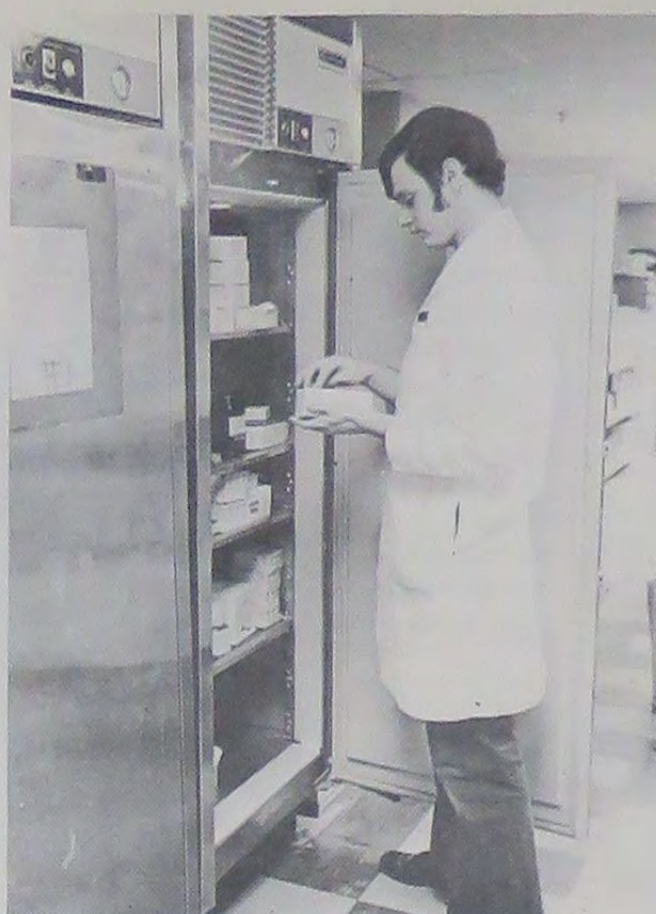
Members of the Armed Forces and their families can obtain complete information on national and local issues for the Election Year 1972 from several sources.

Relatives and friends at home can provide first-hand news by mail. The hometown paper probably carries a large amount of political news as well. Many papers and magazines also have special rates for service personnel stationed out of state. Finally, civic, educational or political organizations often have partisan information on the candidates and the issues to be voted upon. The addresses included here list by state the major political parties, which may be unofficially contracted by the military member through the mail.

KEY

- A — Must complete registration before ballot can be sent.
- B — Sends state registration forms with absentee ballot.
- C — Waives for servicemen.
- D — Registers serviceman upon acceptance of Federal Post Card Application (FPCA).
- E — Uses executed affidavit on ballot-return envelope.

FPCAs are available in the NNMCM Legal Office, on Tower 18.



(Far left) HM3 Miller prepares an order for a ward.

(Left) HM2 Larry Facey gets biological prescriptions out of a refrigerator.

Photos by HM1 Denny

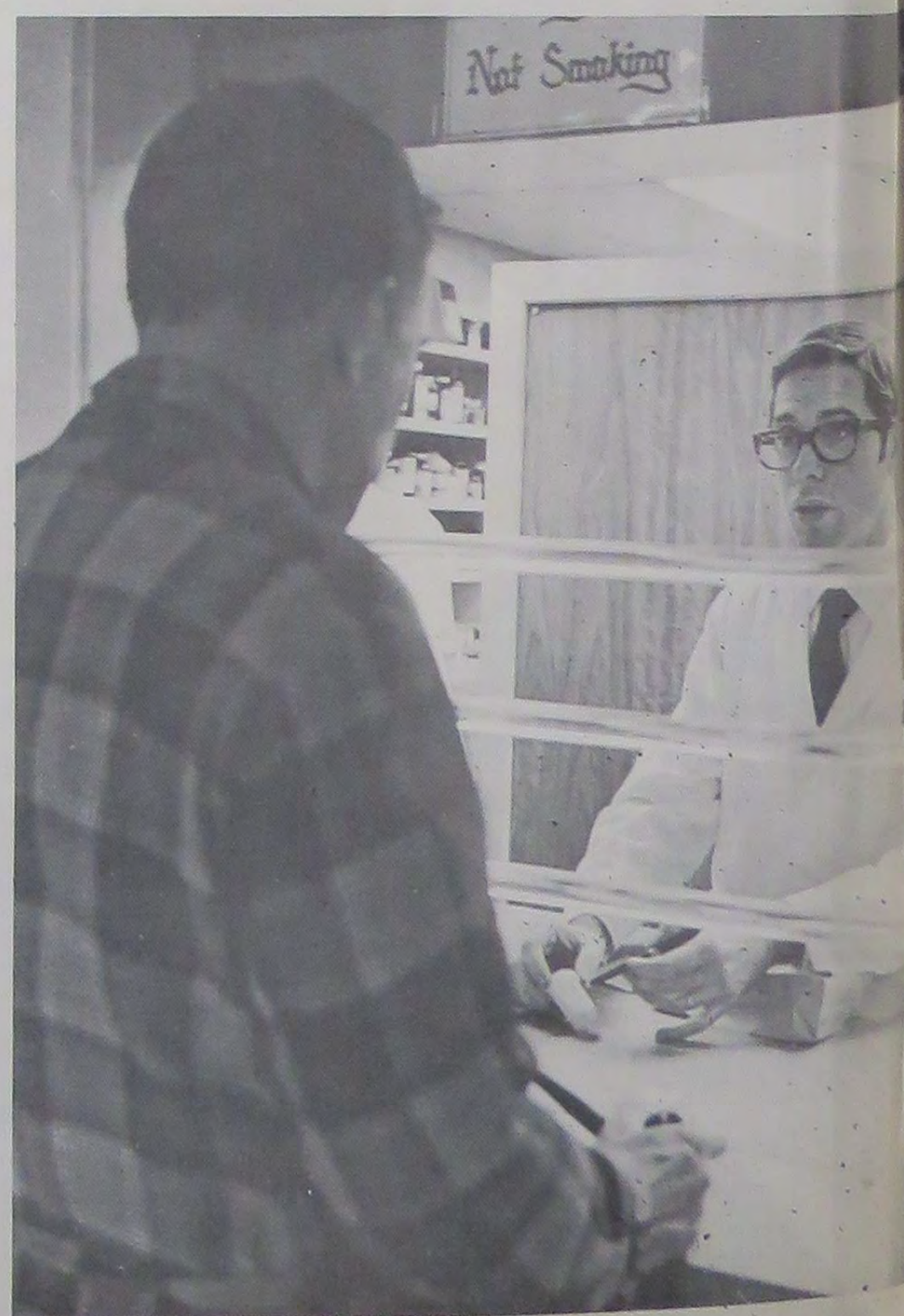
(Below, right) Ltjg Paul Herring, right, hands a prescription to HM2 Pat Jourdan to be numbered.

(Below, left) HM2 Craig Money types labels for prescriptions.



(Bottom, left) from left, HN Jeffrey Kenaston, HM2 Money, and HM2 Clarence Todd fill prescriptions.

(Bottom, right) Ltjg Daryl Snook counsels a patient on the correct method of taking his prescriptions.

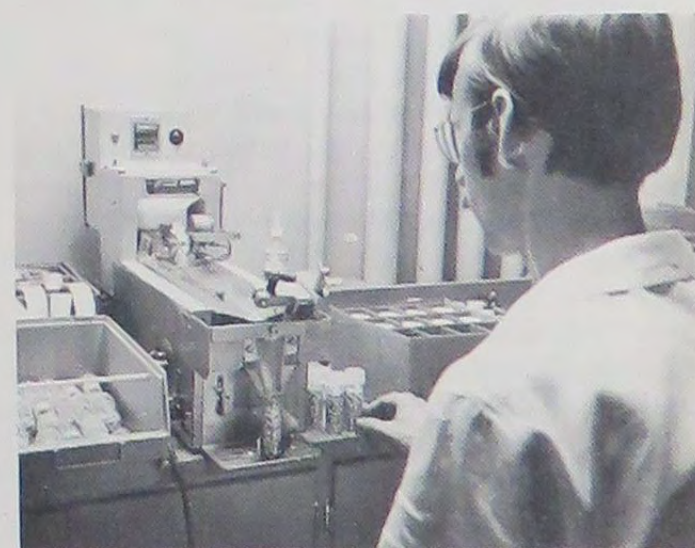
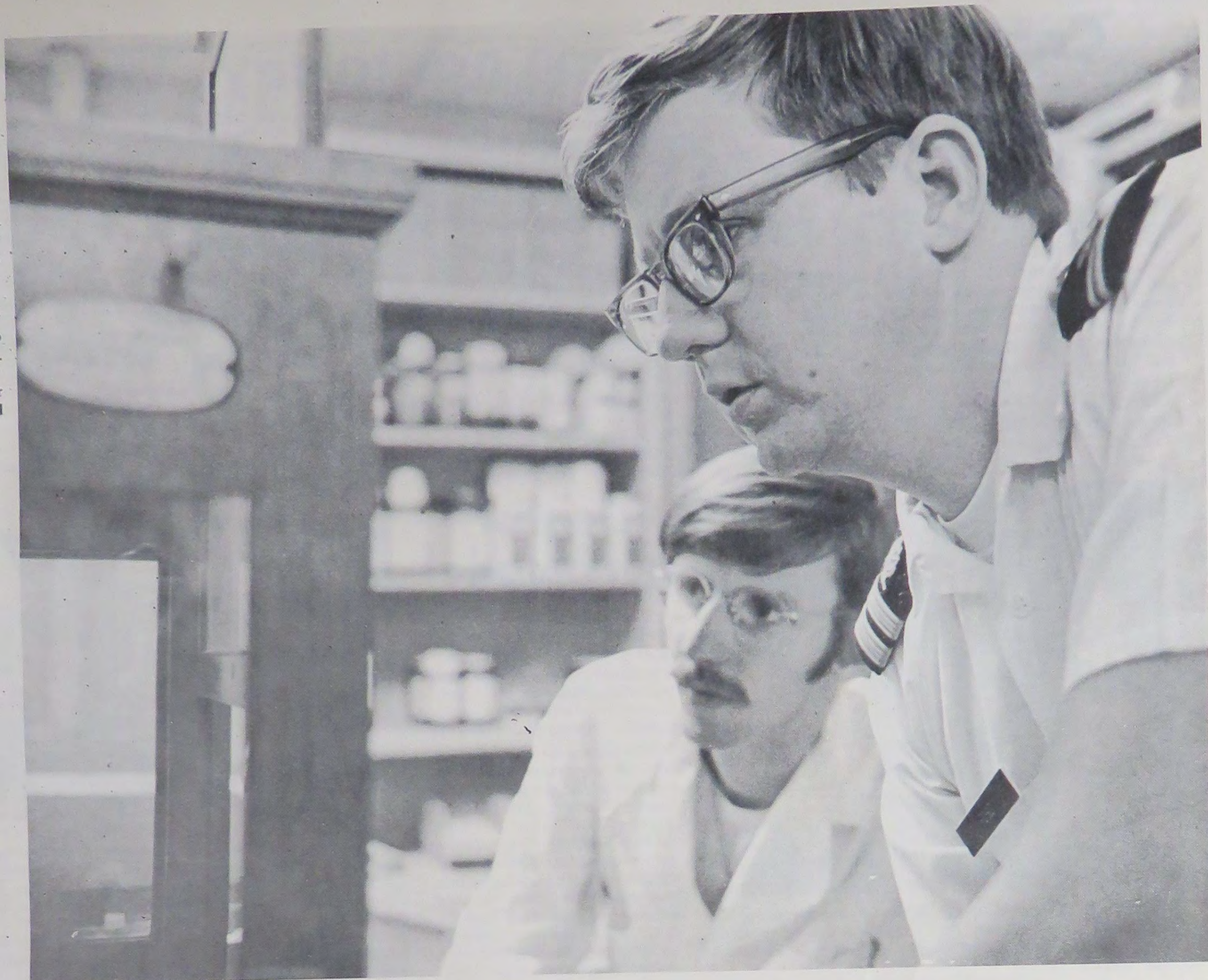


Ford shows
e HM3 Eric
e balance..

Capt Theodore
the Pharmacy
he new layout
o RAdm Harry
chief of the
e and Surgery,
ogistics.

e) HM2 Perry
stirring rod to
g compounds.

m) HM3 Miller
s into standard
ities.



Main Pharmacy relocated

The new Main Pharmacy has moved into high gear with 100 square feet more space, new storage facilities, and faster service.

The transition from old to new started the first week in January, and continued until recently, when the last storage cabinets were delivered. The new space is in the basement of Building One where Physical Therapy used to be. Its new decor features bright blue walls in the work area, and an orange and yellow waiting room for outpatients. For the first time the pharmacy has stainless steel cabinets and fixtures.

A new and more efficient prescription-filling system has been introduced into the Pharmacy. First, outpatient and inpatient services have been completely separated, one on either end

of the Pharmacy. Outpatients bring their prescriptions to one window in the hallway, and leave them. They then go to the waiting room and wait for their name to be called. The prescription label is typed as soon as it is received, and is then given to a pharmacy technician who fills the order. The prescription is then placed on a 25-foot conveyor belt that carries it to the disbursing windows.

Booths are being constructed around each of the two windows in the waiting room to allow private consultation with the patient when he receives his prescription.

There is a separate window for inpatient prescriptions.

With a current supply of between 12-and

13-hundred drugs, new storage bins have been added to the Pharmacy. Prepackaged prescriptions are kept in small, movable, containers to facilitate easy handling. Also, a new 7 ft. by 9 ft. by 24 ft. bulk storage system has reduced the area needed for bulk storage to one-fourth of its former size.

The Main Pharmacy has a staff of six Medical Service Corps officers, nine enlisted technicians (including one who is a registered pharmacist), and one civilian pharmacist. From 40,000 to 45,000 services (60,000-65,000 prescriptions) are provided for patients each month.

The Central Sterile Supply department, second floor, Building 2, is also part of the Pharmacy Service.

Captain tells women not to say "Wave"

Corpswaves, Wave Dental Technicians, Wave officers, and all other "Waves" don't exist, according to Capt Robin L. Quigley, assistant chief of naval personnel for women. There were Waves at one time, she explained in a memo, but there have not been any for "many long years now."

She tells Navy women, "You did not join nor are you now serving in 'the Waves.' You joined the NAVY...you are now serving in the NAVY."

She advises women in the Navy against using the term "Wave." To use it, she points out, "you continue to say ... that you are in 'the ladies auxiliary of the U.S. Navy.'" For a woman to call herself a "Wave officer," "Wave" Dental Technician, or just a "Wave," in fact, and in the listeners mind, modifies what she is.

To do so, says Capt Quigley, "You are somehow not quite really a Personnelman ... not quite really a naval officer," but rather something a shade less.

Continue using the lable "WAVE," she warns, and

you will continue to wind up running the ditto machine and the coffee mess."

The memo by which she advised all concerned of the non-existent Wave corps, pointed out that her title of "Director of Waves" did not exist either. In referring to the unofficial title, she said that she does not "direct" anything but rather "advises" on matters concerning women.

In addition she mentioned a pilot program ("meaning we'll see how it works," she said) to suspend the functions of the Women's Representatives and the Assistants for Women. Now all communications affecting women in the Navy will come through established channels as they do for all others in Navy. Wave detailers are also a thing of the past.

"You cannot have it both ways ..." says Capt Quigley, "If you want full status as respected professionals, then you must respect and use what the profession has to offer you...if you want to be the ladies auxiliary, then you must accept the more

comfortable, but subordinate status that has to offer...but you must commit yourselves one way or the other, because you cannot have the best of both those worlds...

"There will be those who will agree in principle with what this move implies, but who will say that now is not the time...later, perhaps, but we are not ready for it yet.

"I believe the time is now...I believe we are ready, and that we will respond to stand on our own as real professionals. The Navy is at one of the most crucial turning points in its long history. Admiral Zumwalt has brought us into the "NOW Navy." The corner into tomorrow is there waiting to be turned...and every sign of the times says it waits impatiently. The stage was never better set than it is today. IF we women fail to shoulder the Challenge of Change as it affects us, to turn that corner with the rest of the Navy, then we will be relegated-and rightly so--to the perimeters of this profession tomorrow and forever."



Newly frocked Captain, Edward D. Mateik, comptroller of the Center, stands with his family following the ceremony in which he put on his fourth stripe. Left is his daughter, Faye, and right is his wife, Mary.

Dentist gets medal

Cdr William K. Bottomley, head of the oral diagnosis department of the Naval Graduate Dental School, recently received the Navy Commendation Medal with Combat Distinguishing Device.

The decoration was presented for meritorious service as Operations Officer of the Third Dental Company, Third Marine Division, from June 15, 1969 to June 10, 1970. The citation read in part, "As a result of his diligent and resourceful efforts throughout his tour in the Republic of Vietnam and on Okinawa, the operational effectiveness of his unit was greatly enhanced."



Four past heads of the Center Religious Activities Department attended a special church service here in honor of the 30th anniversary of chaplains being stationed at the Center. From left, Chaplain (Capt) H. Grady Gatlin, (ret), who was here from March 1949 until January 1953; Chaplain (Capt) William W. Parkinson, (ret), August 1964 to July 1969; Chaplain (Cdr) Charles B. Robinson, (ret), April 1959 to May 1962; and Chaplain (Capt) John H. Craven, August 1962 to July 1964.

Personnel in the spotlight

NNMC

HMC Lyle C. Allen, of Rad Safety, transferred to the Fleet Reserve.

Rene F. Batigne was advanced in rate to YN3.

Helen D. Beman, personnel assistant, received an Outstanding Performance Rating.

Ernest T. Davis, warehouseman, received a Sustained Superior Performance Award.

Stargle E. Fuller, maintenance foreman, received a Sustained Superior Performance Award.

Joseph Hungerford, warehouseman, received a Sustained Superior Performance Award.

Stephen J. Shipley was advanced in rate to HN.

Donald G. Smith was advanced in rate to SN.

Forest W. Wilson, warehouseman, received a Sustained Superior Performance Award.

HN William H. Young received a Letter of Appreciation upon his detachment from the command.

Hospital

Marvin O. Andrews was advanced in rate to HM3.

Wrenn A. Beadle was advanced in rate to HM3.

Kenard R. Beard was advanced in rate to HM2.

Henry G. Carter was advanced in rate to HM3.

John S. Cawley was advanced in rate to HM3.

Yolanda F. Cioffi, medical record technician, received an Outstanding Performance Rating.

Steven G. Cohen was advanced in rate to HM3.

Brian D. Cory was advanced in rate to HM2.

John E. Donnini was advanced in rate to HM3.

Robert D. Fettketter was advanced in rate to HM3.

Joel C. Frey was advanced in rate to HM3.

Gertrude C. Grant, secretary, received a Sustained Superior Performance Award.

Clayton A. Hartley was advanced in rate to HM3.

Richard W. Harvey was advanced in rate to HM3.

Melvin D. Henry was advanced in rate to HM3.

Sybil F. Hindin, clerk-dictating machine transcriber, received an Outstanding Performance Rating.

Sonia Rae Hughes was advanced in rate to HM3.

Christopher Johnson was advanced in rate to HM3.

Linda H. Johnson, secretary, received a Quality Salary Increase.

William A. Kauffman was advanced in rate to HM3.

Thomas S. Lee was advanced in rate to HM2.

Clay E. Lindley, general foreman (II) commissary, retired after 41 years of combined military and civilian service with the Navy.

James R. Lorow was advanced in rate to HM3.

Albert Lusin was advanced in rate to HM3.

Ltjg. Doris A. Lyons, NC, was augmented into the regular Navy.

Don M. Myatt was advanced in rate to HM3.

Capt. Edgar M. Neptune, Jr., MC, retired after 23 years active duty in the Navy.

James D. Park was advanced in rate to HM3.

John M. Presco was advanced in rate to HM3.

Paul S. Shaw was advanced in rate to HM2.

Linda L. Sisson was advanced in rate to HM2.

Robert T. Stryker was advanced in rate to HM3.

Gregory G. Tennant was advanced in rate to HM3.

Charles A. Thomas was advanced in rate to HM3.

David Villalas was advanced in rate to HM2.

Helen E. Walker, file clerk, received an Outstanding Performance Rating.

Richard L. White was advanced in rate to HM3.

Dianne S. Wolf was advanced in rate to HM3.

Thomas C. Wright was advanced in rate to HM3.

Medical School

John J. Beck was advanced in rate to HM3.

Terry R. Ferguson was advanced in rate to HM3.

Robert G. Hansen was advanced in rate to HM3.

Barbars S. Heep was advanced in rate to HM2.

Tommy Horne was advanced in rate to HM3.

David F. Krebs was advanced in rate to HM2.

Hubert A. McNeely was advanced in rate to HM3.

Cdr. Charles Pearce, MSC was elected to the Alpha Sigma Lambda Honor Society at George Washington University.

Bernard L. Rolf, editor (typing), received an Outstanding Performance Rating.

Ronald J. Selander was advanced in rate to HN.

Clinton L. Sexton, electronics technician, received a Quality Salary Increase.

John T. Stringer, Jr., supervisory photographer, received an Outstanding Performance Rating.

Thomas C. Strow was advanced in rate to HM3.

John A. White was advanced in rate to HM3.

Dental School

Thomas E. Bombach was advanced in rate to DT3.

Richard D. Earl was advanced in rate to DT3.

Alberta I. Ellison was advanced in rate to DT3.

Albert Gaist, chief of Repair and Design Division, received a pin for his 30 years of Federal service.

James T. Lawrence was advanced in rate to DT3.

David B. Snyder was advanced in rate to DT3.

Richard J. Spann was advanced in rate to DT3.

Richard C. Williams was advanced in rate to DT3.

NSHCA

James S. Godron was advanced in rate to HM3.

NMRI

Harry R. Dressler, microbiologist, received an Outstanding Performance Rating.

Russell H. Gwynne was advanced in rate to HM3.

Robert T. Long was advanced in rate to HM3.

Lawrence W. Newman, biological laboratory technician, received an Outstanding Performance Rating.

Polly A.S. Parker, secretary, received an Outstanding Performance Rating.

Westley M. Pederson was advanced in rate to HM3.

HM2 Wayne G. Robinson, of NMRI, won one of the top awards in the Military Section of the Freedom's Foundation Essay Contest.

HMC Edward J. Scheer reenlisted for six years.

Lt. Frederick A. Slipsager received a permanent appointment in the Medical Service Corps.

AFMRI

Michael F. Burns was promoted to SP5.

Jane F. Doran received a Quality Salary Increase.

Capt. Robert J. Woodhouse was awarded the Air Force Commendation Medal.

Gary H. Zeman was promoted to Lieutenant, Medical Service Corps.



A whole new life

The time has come; after twenty or thirty years of service in the Navy, you have reached retirement. Now what?

Now comes the start of a whole new life -- a life that will include many of the benefits enjoyed during active duty, opportunities for broadening knowledge and experience, and above all, time to enjoy and take advantage of all these benefits and opportunities.

In most cases, Navy men and women are eligible for retirement when they are in their late 40's or early 50's. They have many years to enjoy active living, to start a second career, or to just sit back and retire.

Retired Navy personnel and their dependents can still use exchanges,

commissaries, open messes, installation theaters, recreation facilities, and family service centers. They can get medical care in service hospitals on a space-available basis, and they are fully covered in the CHAMPUS program until they reach age 65.

Other benefits for retired personnel are available through the Veterans Administration. These include a number of different types of educational programs, medical care under some circumstances and loans to aid in buying a home.

Since most Navy personnel are able to retire so early in life, many of them choose to start a second career. The Navy offers them help through the

TRANSITION and REFERRAL programs. TRANSITION offers vocational training for retirees, if they want it. REFERRAL matches the skills of retirees with openings for jobs in industry. Our local counselor is Maurice Qualls, ext. 51209 or 433-2034.

There are a number of other benefits available to men and women retiring from the Navy. They, and the benefits listed above, are designed to do the same thing: Give a retiree as broad a range of opportunities as possible so that he can do whatever he wants to, whether it is start a second career, get a college education, or just sit back and enjoy life.

Twix the lines

Regionalization Moves Ahead

The Navy's medical care regionalization concept has been expanded to include the Charleston and Long Beach Areas. The concept is aimed at making better health care more easily available, and calls for a single office to coordinate the operation of all medical facilities, such as naval hospitals and dispensaries, in an area. The first regional medical care center was established at Portsmouth, Va. last July. The regionalization of facilities in the San Diego area will be next, and will be followed by the regionalization of facilities in the Charleston and Long Beach areas.

Early Outs Ending

Navy personnel scheduled for release from active duty in June will be released two months early, barring unforeseen developments. That group will be the last to go off active duty early under the Navy's early release program. As stated in the latest message on early separation (NAVOP 37 of March 6), "At present, there are no plans to further continue the general early release program." The sole exception will be men in some of the CT ratings, who will be released three to six months early. The Navy's other early release programs, such as those for personnel entering college or police work, or returning from Vietnam, are not affected by the latest message and will continue.

GI Bill Benefits Up?

A 14 percent raise in GI Bill benefits for veterans attending college has been approved by the House of Representatives, and is now awaiting Senate action. The bill providing the 14 percent raise also includes a 48 percent monthly allowance boost for veterans taking on-the-job training, and authorizes the Veteran's Administration to advance up to two months of allowances to GI Bill recipients at the start of the school year. Capitol Hill observers predict Congress will almost certainly pass some increase in GI Bill benefits this year; how large that increase will be is less certain.

Help for Consumers

The Consumer Product Information Coordinating Center is distributing a booklet called "Consumer Product Information." The booklet is an index of selected federal publications on how to buy, use, and take care of consumer products.

The index lists publications in a broad area of subjects--appliances; automobiles; budget, credit and finance; child care; consumer protection; clothing, fabrics, and laundering; food; health; housing; and, landscaping, gardening and pest control.

The index is free, and may be obtained by writing: Consumer Product Information, Washington, D.C. 20407.

Passover service here

Passover, celebrating the deliverance from Egyptian bondage, will be observed by the Jewish community beginning at sundown Wednesday, March 29, until Thursday, April 6.

The first two nights of the Passover holidays are known as the Seder nights, when a special service is held in the home, employing bitter herbs, matzoh and other symbolic details.

All Jewish history and all Jewish traditions start with the Passover, because they were all dependent upon the exodus from Egypt. Passover reminds the observer that while freedom is the greatest human ideal, it is only secure when based upon the realization that the individual as well as the nation, owes allegiance to God, who then grants and acts as guarantor of freedom to both.

A pre-Passover service will be conducted by Rabbi Tzvi H. Porath, Auxiliary Chaplain at NNMC at 11 a.m., Tuesday, March 28, in the Bethesda Chapel, Bldg. 8A. All Jewish personnel are invited to participate in the service.

Jewish servicemen unable to be with their own families, will be able to observe the holiday in private homes in the community through arrangements being made by the Washington Armed Services Committee of the National Jewish Welfare Board (JWB). If anyone desires further information, call the JWB office 638-6773.

Bacteria are the culprits

The following articles is one in a series presented by the Center News in cooperation with the Naval Graduate Dental School.

We have all heard many times that tooth decay is one of the most common diseases of mankind. A recent estimate suggests 95 per cent of our population suffer with this condition.

Nearly everyone knows that keeping the teeth clean helps prevent decay, but they do not know exactly why. We have also been told that eating sweets has something to do with the problem.

Unfortunately, since tooth decay is so common, too many people still take it for granted. It is the truth, though, that the individual can do much to prevent decay in his own teeth and in those of his children. An explanation of why decay develops will suggest what can be done to prevent it.

Literally billions of bacteria and other microorganisms live in each individual's mouth. Some types of bacteria commonly found in the mouth use sugars from our food to produce a sticky substance that forms a film on the teeth. Many bacteria, as well as dead cells, particles of food, and substances from the saliva become trapped in the film. This sticky deposit on the teeth is called bacterial plaque or dental plaque.

When bacteria in the plaque digest sucrose (ordinary table sugar) and other carbohydrates, they form acids. Acids may also be formed by bacteria trapped in the tiny pits and fissures on the chewing surfaces of the teeth. Decay starts

when the acid acts on enamel, which is the hard, white outside layer of the tooth. The acid dissolves the calcium and phosphates which give the enamel its hardness. This initial process causes no pain, and it may be difficult for even a dentist to see what has happened without an X-ray examination.

Beneath the enamel is dentin, which forms the bulk of the tooth. As the decay process continues, the dentin is also attacked by the acid produced by bacteria. If treatment is not received, the decay may reach the dental pulp at the center of the tooth. The pulp, which consists of soft tissue blood vessels and nerves, is likely to become infected, causing a toothache. In many cases, the infection spreads down the tooth root to the tissues outside and a painful "abscess" develops. Treatment at this stage is frequently extraction.

If the combination of bacteria and sugar produces the acid which causes tooth decay, it should then be possible to reduce or prevent decay by (1) reducing the number of bacteria or (2) reducing the amount of sugar present. Still another approach is to make the teeth stronger and more resistant to acids. These ideas will be discussed in the next three articles in the series.

(Next article: Prevention of Tooth Decay--Removing Bacterial Plaque)

Distaff Doings

The MEDICAL SERVICE CORPS WIVES CLUB is planning a tour of some of the most distinguished embassies and homes in Washington on April 8th from 2 to 6 p.m. The charge is \$6 a person and all proceeds will go to the Washington Home for Incurables. Make your checks payable to House and Embassy Tour, and send them to Mrs. Richard T. McDonnel, Quebec House South, Washington, D.C., 20008.

A slate of officers has been prepared by the MSC Wives Club Nominating Committee. It will be presented at the April luncheon and after further nominations have been received from the floor, the election will take place. The April luncheon is on the 20th at the Officers Club on base.

Lawrence E. Gichner is a professional photographer, an art collector, an author, a world traveler, an authority on antiques, and the guest speaker at the NAVY DENTAL OFFICERS WIVES CLUB's April 12th luncheon. Mr. Gichner's talk, entitled, "Adventures in Attics," should enlighten the wives on the art of recognizing and reviving the value of yesteryear's "junk." Ruth Selfridge is the chairman for this luncheon, and she can be reached for questions at 424-4582. Maeve Ostrowski will take reservations at 424-3753.

The NAVY DOCTORS WIVES CLUB has a bustling month of activity ahead. First of all, the sunshine-y luncheon on the 29th of March should be memorable. Jean Morioka, chairman of the special benefit luncheon, and her dedicated helpers have planned a scrumptious menu, a breath-taking fashion show, and rewarding entertainment. After a cocktail hour at 11:00, the main entree of beef stroganoff will be served in the Terrace Room of the Officers Club. The Navy Band Combo will be providing music, and six professional models will show off some of the most elegant fashions

from Mark Daniels of Rockville. Helaine Grayson will act as commentator.

And don't forget about "Susie Sunshine," the 18" velvet doll with 40 handsewn outfits, including jewelry and accessories!

All proceeds from this luncheon will go towards completing the decoration of the Intensive Care Unit at the hospital. So, let the sun shine in, and enjoy yourself at the benefit luncheon on the 29th!

A change of dates has occurred for the culture-conscious doctors' wives: the Old Town Tour of Alexandria, Virginia, originally scheduled for April 13th, has been rescheduled to May 4th.

Though June will end the luncheons and parties for the doctors' wives until September, already plans are being prepared for the elect new officers for the Executive Board of the club for the '72-'73 year.

The night of April 21st has been set aside for the one and only Navy Doctors Wives Club event of the year. The entire dinner theater of the Villa Rosa Restaurant in Silver Spring has been reserved for the night. A delicious meal, with a choice of entrees, will be served, and then the Broadway comedy, "The Apple Tree," will be presented. Dancing will follow. To further entice your interest, here is a list of the possible entrees: Chicken Maddalena Casalinga, Veal Scaloppine Alla Fiorentina, Spaghetti and Meat Balls, Delmonico Steak, Lasagne Imbottita, or Shrimp Ala Napoletana.

For a mere \$9 a person, the night promises to be quite satisfying and most entertaining. Tables of up to ten persons can be reserved, but they must be reserved soon. (The Villa Rosa Restaurant is small) Checks must be mailed in to Mrs. Melvin Museles, 14905 Waterway Drive, Rockville, Maryland, 20853, by April 17th. Make checks payable to: Navy Doctors Wives Club.

Center takes 3rd in NDW tourney here

The NNMC squad captured third place in the 1972 Naval District Washington Basketball tournament held here. After winning three straight games, assuring them of a third place, the team dropped the next two contests, and were eliminated.

The Center team opened the tourney by crushing Naval Air Facility Washington, by a convincing 69-30. After scoring 41 points in the first half, to only 11 by their opponents, the Center cagers easily chalked up their first win.

"We were lucky to win this one," said coach Denny Garner referring to the second game. After leading the Naval Reconnaissance Technical Service Center 21 to 7 after five minutes the Centerites thought they had another easy victory. "We had a much better team," said Garner.

But then their opponents caught on fire, soon going ahead of the Center. NRTSC stayed ahead through most of the game. Then with five minutes left, the Center finally straightened themselves out, and began to cover lost ground. They held NRTSC to only two points for the remainder of the game, while scoring 14 points themselves, finally winning by a close 47-44. "We would have scored more," said Garner, "but we missed 10 free throws in the last five minutes. It was the worst game we played all year."

The next game in the tourney for the Center was with their nemesis, the Gunners, of the Naval Security Station. The Center team (which was the Dental team in the NNMC intramural league, plus a few players from other teams)

dropped the last two of three games to the Gunners in the playoffs of the league. The playoff losses gave the league championship to the Gunners.

"Our defense won it for us," said Coach Garner. The 54-49 win over the Gunners in the tourney was made possible by blocking their inside shooting that had plagued the Center all season.

Strong rebounding for the Center by Bruce Fisk and Jim Bennet, gave the Center control of the backboards, and the accurate shooting of Carl Hamsberger kept the Center in front of the Gunners. This third win guaranteed the Center no less than third place in the tourney.

And third place it was, as they lost to the eventual winners of the tourney, Coast Guard, and then lost to tournament runner up Naval Air Station, Patuxent River.

The Coast Guard game was close most of the time, with the Center behind only five points late in the second half. Then the five minute follies again hit the Center (as they had in the final league game with the Gunners, when the Center fell apart), giving the Coast Guard the best of the 66-49 contest.

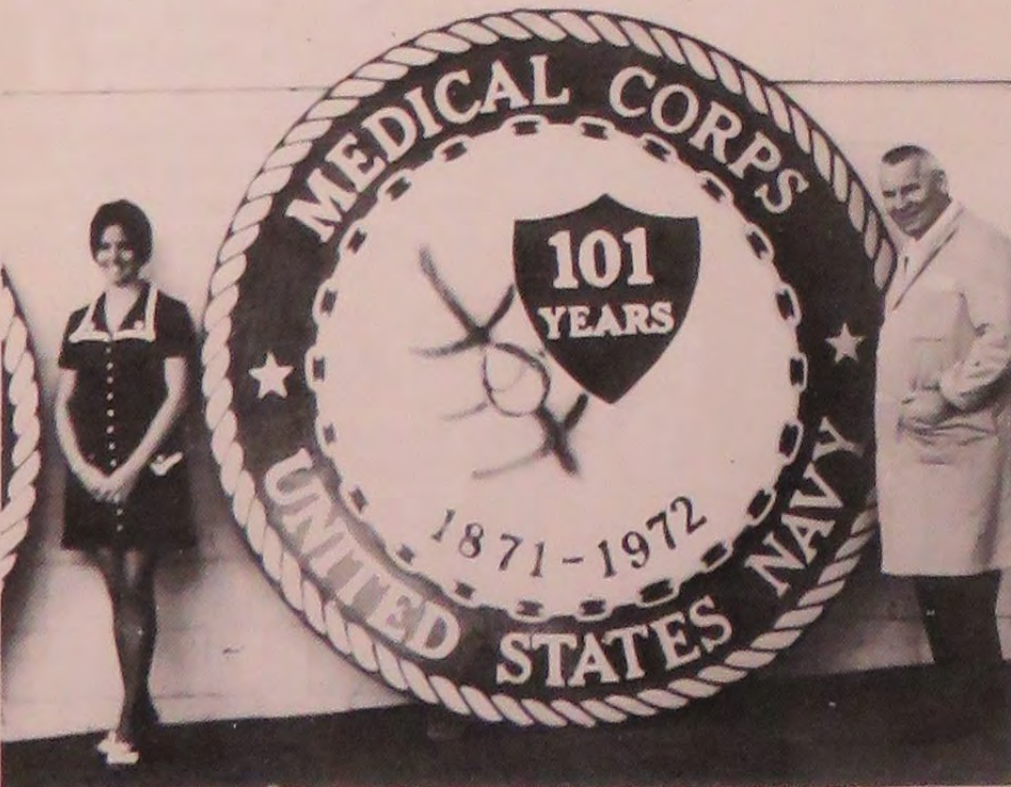
Pax River led by only a few points for most of the time in the last game for the Center. The Center narrowed the gap to only two points, and had the ball, with 45 seconds to go in the game. But a desperate long shot missed, Pax River got the rebound and scored, eliminating the Center 65-61.



Dan Hutchinson (50) shoots one against Naval Air Facility, Washington, D.C., as Billy Hendrickson (33) gets ready to grab the rebound.



The son of a Centerite was picked as an All-American. Rick Stringer, Captain of the Naval Academy Swim Team, is the son of John T. Stringer, head of the Medical Photography Division of the Medical School here. Capt. J. O. Coppedge, director of athletics at the Academy, presents the certificate to Rick. Rick, a backstroke, won the citation for his 1971 accomplishments. He is a two-time Eastern titlist in the 200-yard backstroke, and holds the Naval Academy record in the event, with a time of 1:56.39.



Carl Schirmer and Michele Kingsley, of the Naval Medical School Illustrations and Exhibits Department, stand next to one of two anniversary seals Carl made for the 101st birthday of the Medical Corps. Mr. Schirmer is the creator of the Skip cartoon that appears in the NNMC News.

Large blowups of historical pictures, made last year by the Medical Photography Division of NMS, and the seals, were used as decorations for the 101st anniversary ball held March 10.

Proficiency Exams Scheduled

The second set of Medical Proficiency Examinations for medical laboratory workers is slated for May 6, at test centers across the nation.

The tests are designed to evaluate the knowledge and skills of both the medical laboratory specialist trained by the military and the civilian laboratory worker who lacks professional certification.

The new examinations are administered by the Educational Testing Service for the National Committee for Careers in the Medical Laboratory under a contract from the Manpower Division of the U.S. Department of Labor.

The second Proficiency Examination Program offers four tests in the laboratory areas of Blood Banking, Clinical Chemistry, Hematology, and Microbiology. All are one-hour paper and pencil tests, and a candidate may take one or more. His scores are sent only to him or to those he designates.

Norming scores (results achieved by a representative group of laboratory workers) provide a scale against which candidates' individual scores may be measured.

Deadline for applications is April 8.

Application blanks and a bulletin of information describing the examinations, giving test questions, and listing 75-100 test centers is available from:

Proficiency Examination Project
National Committee for Careers in the Medical Laboratory
9650 Rockville Pike
Bethesda, Maryland 20014

or
Medical Technology Proficiency Examinations
Educational Testing Service
Princeton, New Jersey 08540

Only applications made on the official form will be accepted by ETS.

If a test center is not readily accessible, a candidate may request a special center. The Department of Defense has offered its cooperation in administering the examinations at bases not near the designated test centers. Deadline for requests for special test centers is March 25.

Bowling standings

Outcasts	51½	28½
CPO Club	51	29
Pinbusters	49	31
AFFRI	44	37
CP Lab	41½	38½
X-Ray	41	39
M.I.T.S.	38	42
Tenquins	37	43
Spartans	35½	44½
Goobers	33	48
Mickey's Monsters	30½	49½
Lab	29	51

INDIVIDUAL STATISTICS

High Game	Men	Phil Meek	256
High Game	Women	D. Patrick	208
High Series	Men	Phil Meek	694
High Series	Women	Beverly Brennan	504
High Average	Men	Phil Meek	185
High Average	Women	Beverly Brennan	154
High Average	Women	B. Horton	154 Tie



Three of the five Centerites who entered, won honors in the Naval District Washington Judo Tournament held here. Shown here watching a bout, are: Charles Foster, adjusting his belt; William Kaufman, behind Foster; and Carl Lassiter, seated right, all of the Center Self-defense club. Winners from the Center were: Kaufman, second place in the open class; Reginald Willis, second in the 176 pounds and under; and R. M. Dash, third in the 176 and under.

Enlisted x-ray training now earns college credits

It may soon be possible for a person to enlist in the Navy right out of high school, and be Surgeon General in 25 or 30 years, with all of his education paid for by the Navy, according to Capt Edward J. Rupnik, commanding officer of the Naval Medical School.

He made the statement at a press conference announcing the signing of an agreement between the Navy and The George Washington University. "We are establishing the lattice-work," said Capt Rupnik, "for an enlisted man to receive sufficient education to become a doctor, and thereby enter the career ladder of the Navy Medical Corps."

The recently signed agreement with GW, beginning in May, will give an Associate of Science degree to students completing the one-year X-ray technician course. This is the degree given by junior colleges to students completing 60 semester hours of credit. The X-ray courses here, at Portsmouth, Virginia, and at San Diego, are included in the agreement.

Until now, navy men completing the course received no official civilian recognition for the

education. Now with the degree, a man leaving or retiring from the service, will have official recognition of his training.

The officials at GW, BuMed, and the Medical School here, are working on programs to extend the degree program into other medical specialties, and possibly to provide corpsmen with the additional education to receive a bachelors degree.

The Navy currently has medical school scholarship programs through which qualified enlisted men can go to medical school and have the expenses paid for by the Navy.

Dean Eugene R. Magruder, of the College of General Studies of General Studies of GW, feels that the educational opportunity provided in the new agreement will aid the Navy in recruiting. He feels that college level credit should be given wherever the training indicates that it is appropriate.

About 30 other medical technical specialties are under consideration for the associate degree program. These include: Nuclear and cardiopulmonary medicine, nuclear submarine medicine, radioactive

isotope therapy, electrocardiography, electroencephalography, and aerospace physiology.

Others may include basic hospital corpsmen, clinical laboratory, medical technology, preventive medicine, medical photography, pharmacy, operating room and surgical specialties, and deep sea diving medical technicians.

In each field, personnel would take approved course work giving 61 semester hours of credit. The area of concentration (e.g. X-ray technology) would account for 49 of the hours. The remainder would be in communications, social sciences and humanities. An overall grade average of 2, with a 2.5 average in the area of concentration, is required for the degree. (Based on a 4-point scale.)

The program was developed by Cdr Charles J. Pearce, curriculum director of the Medical School here, Dr. S. David Rockoff, professor and chairman of the department of radiology at GW, and Earl J. Ross, director of plans and programs of the GW College of General Studies.

Capt. Lukash tells about trip to China

"This won't hurt much, Johnny," says the doctor, who then injects some medicine into Johnny's arm. Johnny—and most Americans—accept shots as a necessary part of medical care.

Similarly, the Chinese people are conditioned to acupuncture treatment, according to Capt. William M. Lukash, chief of gastroenterology here. Dr. Lukash is assistant physician to the White House, and accompanied President Richard M. Nixon on his trip to China.

Acupuncture is performed by inserting needles, two or more inches long, into specific points in the body, to eliminate pain and other physiological symptoms. The needles are about as thin as a straight pin. The Chinese have been treating patients with acupuncture for 5000 years, but it is rarely used in the western world, up until now.

Before the President's China trip, most U.S. physicians, including Dr. Lukash, viewed acupuncture with skepticism. The common feeling was that some form of hypnosis was responsible for the reported effects of the long needles.

While in China, Dr. Lukash watched doctors remove a tuberculosis-infected lung, an ovarian cyst, and an appendix, and witnessed several dental extractions, all with patients awake, with only acupuncture as anesthesia.

Since his return, Dr. Lukash

has been spreading the word about acupuncture. Several stories on his experiences in China have appeared in U.S. newspapers, and he is preparing a presentation for the American Medical Association convention to be held in San Francisco in June.

"The greatest potential for acupuncture," says Dr. Lukash, "is in anesthesia. The patient is awake during the operation, and can cooperate. Also, acupuncture has no effect on blood pressure, respiration, or other body systems, and there are no post-operative complications due to anesthesia."

No one—not even the Chinese—knows why acupuncture works. The needles are inserted into nerve centers in the body. Sometimes the needles are manipulated, or they can be vibrated with an electric instrument.

Although acupuncture has been used for treating ailments for thousands of years, it has been used for anesthesia only since 1959. The Chinese report that it is now used in only about 20 per cent of surgical cases.

Physicians throughout the U.S. are trying to get to China to study acupuncture, and a few acupuncturists that live in the U.S. are flooded with patients wanting acupuncture treatment. Schools and individuals that

(Continued on page 7)

National Naval Medical Center

NEWS

Volume 28, Number 4

April, 1972

Harbaugh picked DT of Quarter

DT3 Russell Harbaugh received good news twice this month. First he was advanced to Third Class, then he was selected as Dental Technician of the Quarter.

In announcing Harbaugh's selection as DT of the Quarter, Capt William C. Wohlfarth, commanding officer of the Naval Graduate Dental School, said, "You have demonstrated outstanding initiative, dedication, and personal pride in contributing toward the accomplishment of the mission of your division ... Your every action has been an asset to the command ..."

Harbaugh, in addition to contributing many extra hours of work in the Clinic and Laboratory Division of the school where he is assigned, also serves as a lector at Saint Patricks Church in Baltimore, his hometown.

He graduated from Towson State College in May 1970 with a Bachelor's Degree in English. Occasionally, when a teacher friend of his is unable to conduct his class, Harbaugh goes to Towson State to fill in.

In mentioning Harbaugh's off-duty activities, Capt Wohlfarth said, "There is no doubt that your off-duty services to the community enhance military-civilian relations.

After being assured of an assignment within the medical field in the Navy, Harbaugh

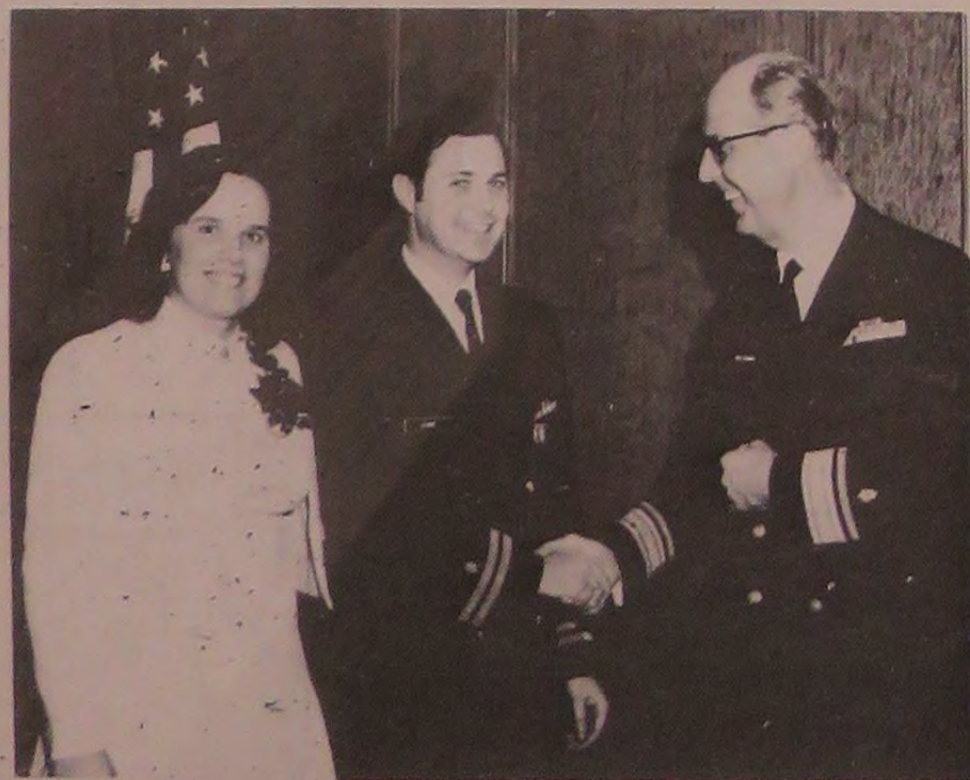
enlisted in September 1970. In boot camp he applied for, and was accepted into, the Dental Technician rating. "I wanted the Navy to teach me something," he said.

In his current assignment he assists first year residents at the Dental School in several dental specialties.



DT3 Harbaugh

Doctor here gets Bronze Star for Vietnam drug programs



Lt Paul A. Levine is congratulated, upon receiving the Bronze Star Medal, by RAdm Felix P. Ballenger, commanding officer of the Center. Dr. Levine's wife, Lucille, smiles her approval.

Admiral Elmo Zumwalt, chief of naval operations, visited Vinh Thuy, Republic of Vietnam, in May of 1971. Medical officers there asked him when the Navy would get a drug amnesty program. "We are working on it," he replied.

"But we need it now," they cried.

"You've got it," declared the author of the now famous "Z-grams."

This, according to Lt Paul A. Levine, of the Walk-In-Clinic, was the beginning of the Navy's drug exemption and rehabilitation program.

After Admiral Zumwalt's declaration, a heroin addict that had been seeing a chaplain at Vinh Thuy for help, was sent to Dr. Levine at Nha Be, near Saigon, for treatment and rehabilitation.

"That was the first that I knew about the Navy's drug amnesty program," said Dr. Levine, who from then on directed the entire drug amnesty and rehabilitation program for the Navy in Vietnam. Dr. Levine just received the Bronze Star medal for his work in running those programs.

Before that first addict was sent to Nha Be, Dr. Levine had been Dispensary Medical Officer there, treating US and Vietnamese troops, and helping civilians whenever possible.

In September 1970, shortly after he arrived in Vietnam, Dr. Levine was asked to prepare drug lectures for the troops. He recalls, "I knew if the lectures were to be effective, I would have to do three things. First I would have to convince those that had not tried drugs, not to start. Second, I would have to get those experimenting with drugs to stop. And last, I would have to get those that were regular users but not yet addicted, to stop."

"I didn't figure that anyone who was addicted would listen."

But he was wrong. Several addicts heard his talks and went to him for help. He got the permission of the commanding officer to have those men removed from jobs in critical areas. Word of his work with addicts spread, and when Admiral Zumwalt announced the drug amnesty program, Dr. Levine was the "natural choice" to run it.

It was decided to send all drug patients to Dr. Levine at Nha Be for treatment and rehabilitation. "We used the forward berthing compartment of a berthing and messing barge," said Dr. Levine. "It normally sleeps 80 people with stacked bunks, but we converted it so that it would serve as total living and working

(Continued on page 8)

Should you use credit?



"I pay strictly cash myself; wouldn't have one of those credit cards if it was gold-plated," says Pay-as-I-Go Charlie.

"I agree in some ways, Charlie. It's good to pay cash when you can. But with a wife and three kids I need credit once in a while.

"I'll never forget the year we moved from Hawaii to Washington, D.C., barely in time to get the kids in school. Without credit from a local merchant we'd never have managed," Middle-of-the-road Hank replies.

"But man, I haven't got a wife, much less three kids, but I'd never make it without those credit cards. They're great! You can buy anything you want on one and even get extra cash on some," says All-the-Way Sam.

Whenever servicemen compare notes on finances, conversations like this are common. You've probably participated in some yourself.

One thing is certain today - what with inflation, increased affluence, and the wide range of consumer products available - personal and family finances, including credit, is one subject a guy (or a gal, for that matter) can't know too much about.

Too, the Services expect their members to pay bills when due and, in general, stay out of too much debt. A reputation for over-indebtedness can complicate such things as promotions and sensitive assignments.

But how much debt is too much? How much credit is good? When does buying on credit or borrowing cash turn bad? How can one tell when he's getting over-extended financially?

There are a couple of pretty good rules of thumb. If you follow them, you should stay in pretty good shape, debt-wise.

One rule goes like this: Add up the amount of money you owe, not including the house mortgage payment or the rent. If

the amount is 20 percent or less of your take-home pay, you should be in pretty good financial shape.

Another goes like this: If your debts not including a mortgage - amount to more than what you can pay off in a year, you are probably headed for trouble. For example, if you can take monthly payments of \$100, you can pay off a debt of \$1,200 in a year. But if you owe \$3,600 that is due within the year, your payments would have to be \$300. That's a pretty big chunk out of any person's take-home pay. If you can't make the payment, you're over-extended financially.

The credit decision is always up to the buyer. Does he have the cash? Does he want to buy on credit for some reason? Does he need to borrow cash to meet some emergency? Does he want to take a cash loan for other reasons?

Only you can answer such questions when deciding whether to use credit.

Chaplain's Column

by Chaplain Robert L. Brummel

Giver of every good and perfect gift,

- be gracious now in another season of sowing and reaping to cause the sun to shine, the rain to fall, the crops to grow, and the forces of nature to be favorable so that the harvest may be bountiful and there may be food for all the mouths there are to feed;

- be gracious to cause the marts of business to prosper, the wheels of industry to turn, the economy to be healthy, and our every vocation to yield the wherewithal of life;

- be gracious to grant in all our striving to make a living that we strive first of all to make a life, that our Christian stewardship may always be alive and alert, and that our love for gain may be lost in our love for God;

- comfort and strengthen those who wait and hope and fear for loved ones in the service;

- sustain those with everlasting arms whose family members are sorely tried by wounds, those whose loved ones are interned in war prisons;

- as hunger and horror stalks through far off towns and cities ravaged by war, provide good avenues and opportunities for us who have so much to share with those who are sick and cold and destitute, and give that love may find a way to minister to them in their desperate need.

NNMC NEWS

National Naval Medical Center
Bethesda, Maryland 20014

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Progress in race relations

The Navy now has its first black admiral -- Rear Admiral Samuel L. Gravely. On March 1, the first Chinese-American assigned as commanding officer of a Navy ship, Commander Ming E. Chang, took command of USS RATHBURN.

These are important firsts for the Navy. They point up that no matter what the color of an individual's skin, the Navy offers him the chance to advance as far and as fast as his ability and dedication will take him.

The Navy recognizes the need for race relations. Racial problems are not unique to the Navy. They did not originate in the Navy. But they do exist. So the Navy is doing everything it can to solve them.

Minority groups are receiving greater

representation in the Navy's officer corps. More minority group members are being admitted to the Naval Academy, Naval ROTC programs, Officer Candidate School, and officer programs for enlisted personnel.

Minority groups are sometimes discriminated against in off-base housing and education. So the Navy is taking firm steps against housing discrimination through its Housing Referral Offices and related programs. And it will not allow children living on-base to be bussed to schools which discriminate against racial minorities.

Whether a person is black, brown, red, yellow or white, he is a member of the same Navy. And, as the title of the latest CNO SITREP film states, "It's Gotta Be One Navy."

Your dental health

Prevention of tooth decay

The following article is one of a series presented by the Center News in cooperation with the Naval Graduate Dental School.

The preceding article described how tooth decay may develop when bacteria are trapped against the teeth in a sticky deposit called bacterial plaque. Some of the bacteria produce acid when they contact sugar from the food people eat and the acid attacks the tooth enamel and dentin. If the plaque and the bacteria are removed decay will not develop.

Usually bacterial plaque is invisible. To find if it is present you can use a dye which will stain the plaque, but not the teeth. A disclosing tablet of common food coloring material is dissolved in the mouth and followed with a water rinse. The stained areas on the teeth are deposits of plaque.

Bacterial plaque is sticky, it cannot simply be rinsed off with water or a mouthwash. It must be removed by scrubbing and rubbing. When choosing a toothbrush for your cleaning program, keep three things in mind. (1) The head of the toothbrush should be small enough for you to reach all areas of your mouth easily. (2) It should have soft bristles. They remove plaque as well as stiff ones without the danger of injuring your gums in the process. (3) The bristles should have rounded tips. This also avoids injury to the gums.

Any toothpaste will help remove plaque, but those with fluoride will help strengthen the

teeth as well. Beware of the toothpastes which "whiten" teeth. They may remove a lot of tooth, right along with the plaque.

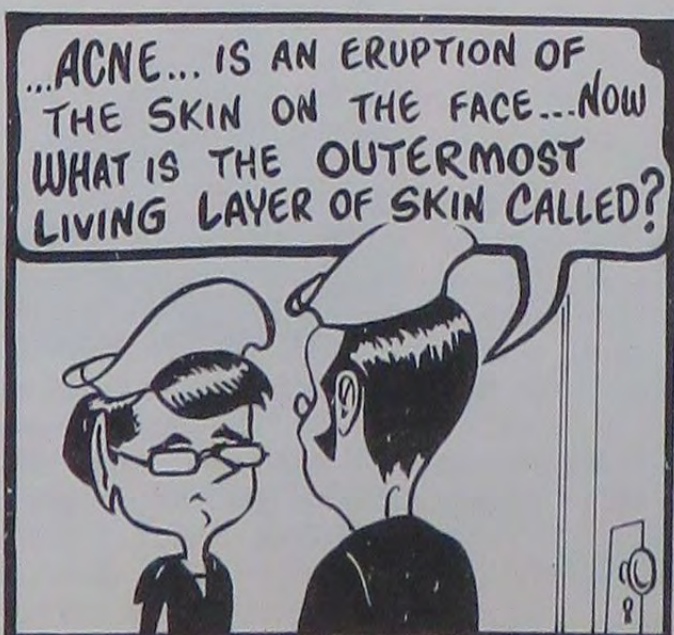
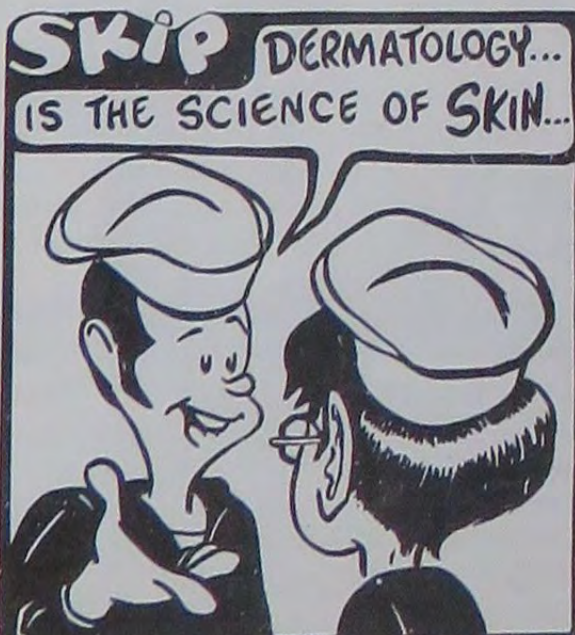
Thorough toothbrushing will get rid of much of the plaque. Unfortunately, though, brushing alone will never remove all bacterial plaque, regardless how well or often you brush. A toothbrush can never reach between the teeth and quite understandably this is the site of much dental decay. The bacterial plaque which may cause this decay can be removed by proper use of dental floss.

It may take more time than you are used to spending to adequately cleanse your mouth. It may take as long as ten minutes, but it is time well spent. If you desire to brush your teeth after each meal to remove food debris, fine, but since it takes plaque about 24 hours to re-form after it has been removed be certain you spend one session each day when you use floss as well.

To learn proper oral cleansing you should routinely use a disclosing tablet after you have brushed your teeth and used dental floss. Once you have mastered the job, you should still occasionally use a tablet as a check on your plaque removal efforts. Disclosing tablets may be purchased at the Navy Exchange.

Your dentist and his assistant will work with you showing you the best way to use your toothbrush and dental floss. Remember, a tooth free from bacteria will never decay.

(Next article: Prevention of Dental Decay -- Controlling Your Diet)



Martin Luther King honored

On April 4th, about 200 staff members sat, listening intently, in the NNMC Auditorium:

"I have a dream that one day in Alabama ... little black girls and little black boys will join hands with little white girls and little white boys as sisters and brothers ... I have a dream..."

The voice filling the auditorium belonged to the late Reverend Martin Luther King, Jr. Tapes of parts of his speeches were played during a special tribute service, organized and coordinated by HM1 Hugh Holder, Special Assistant (Enlisted) for Minority Affairs. The service commemorated the death four years ago of the famous civil rights crusader.

Special guest, "King B (David Beaseley), of radio station WOOK in Washington, acted as master-of-ceremonies. He introduced the tapes of Dr. King's voice, and between the recordings, spoke of the poverty in the early part of Martin Luther King's life, and how his great determination helped him to overcome this drawback and "really do something with his life."

Also participating in the program were Cdr Nathan Robertson, MC, Special Assistant (Officer) for Minority Affairs, and RAdm F.P. Ballenger, commanding officer of the Center.

Six laymen to help at Mass

Six Catholic laymen here will be assisting priests in distributing Holy Communion.

Designated as extraordinary ministers of Holy Communion were: Robert C. Cefalo, T. Jerry Delaney, Edward J. Groux, Carmine S. Guadagno, L. Patrick Smith, and D. Michael Strong.

Chaplain Peter R. Pilar-ski explained, "This is another way in which laymen can take an active part in the church. Also, with laymen helping, it

keeps the Mass from being unduly long."

The six laymen were commissioned to this office at a Mass held in the Bethesda Chapel here in March by Chaplain Pilarski and Chaplain Joseph A. Frank.

In April 1969 Pope Paul VI issued an Instruction, Custos Fidei, which provided for these assistants. The first laymen in the United States were commissioned in March 1971.



One afternoon in late March, staff members of the Center Commands donned their dungarees, picked up their rakes and plastic bags, and launched an all-out effort to clean up the base. The project was called "Operation Spring Clean-Up" and it was conceived by the Center's Senior Enlisted Advisory Committee.

Here HM3 Robert Parker and HM2 John Gilbert stuff leaves into a plastic trash bag.

The Center's regular grounds crew had been busy most of the winter supporting many artisan jobs involved with the installation of air conditioning equipment on base. The grounds had become dotted with trash and the unraked leaves were blowing everywhere. Representatives of all six component commands as well as the parent command, turned out to help in the campaign.

With this one success now behind them, the staff here is considering making the "field day" a regular activity.

Give to Navy Relief

May 4 will be the opening day of the annual Navy Relief Society call for contributions. The drive will run through June 6. These dates commemorate the Navy-Marine sea and air battles of the Coral Sea and Midway.

Last year the Washington, D.C. auxiliary of the Society provided about \$150,000 in grants, loans, and other help, to personnel on duty in the Washington area. This money came mostly from contributions of Navy and Marine Corps personnel.

The Society emphasizes that every penny of contributions is distributed to needy Navymen and Marines and their families. All salaries, equipment and overhead expenses are paid for by interest and dividends from a reserve fund that was created in 1942.

The Navy Relief Society is the Naval Service's own private charitable organization. Navy Relief provides emergency assistance in time of need for Navy and Marine Corps active duty and retired personnel, their dependents, and their surviving widows and children. There is no field of human trouble in which the Society has not helped, either by counseling or by necessary financial assistance.

The Society carries on its activities through 54 auxiliaries and 55 branches located at principal Navy and Marine Corps stations throughout the world. Through these auxiliaries and branches, timely and effective relief is made readily available to Navy and Marine Corps personnel and their families when misfortune strikes.

LCdr Thomas Hill, officer-in-charge of the Navy Toxicology Unit, is the Chairman for this year's drive. Each command at the Center has nominated keymen to contact the personnel within the command to ensure that all officer and enlisted personnel are given a personal opportunity to contribute.

Contributions from civilian personnel will also be welcome.



LCdr Philip Severy, left, discusses the recently completed renovation of the Emergency Room (ER) with RAdm Felix P. Ballenger, commanding officer of the Center. Dr. Severy is the ward medical officer for the ER, and he designed and coordinated the modernization project.

The ER had to move to another location while the central air conditioning and heating units were installed, and the Public Works department here took advantage of the move to perform the first major improvement to the ER since the Center was built 30 years ago.

Rooms were rearranged and new ones were added. The cardiac treatment area was expanded as was the initial observation area. A wall mounted system for vacuum, air, and oxygen was installed.

When those and other changes to improve patient care were completed, Center plumbers, electricians, carpenters, painters and others, installed a new ceiling, lights and color coordinated paints and wallpapers.

Ex-addict talks here on drug abuse

"I'm trying to make people aware that there is a drug problem, and that it has reached all the way down to the elementary schools." This is the mission in life for Harold "Nightlife" Young of the Narcotics Treatment Administration (NTA) in Washington, D.C.

Nightlife, who gave up 23 years of his life to drugs, is spending the rest trying to prevent others from duplicating his misfortune. He was addicted to drugs for 13 years then was arrested and sent to the Lexington, Kentucky, treatment center where he stayed for ten years.

People without children, or those whose children are grown, are also affected by the drug problem, proclaims Nightlife, right in the pocketbook. Everyone pays more for products to offset the losses from theft.

Around 20,000 people in Washington are addicted to drugs, according to Nightlife, and they must spend from \$50 to \$75 each day to support their habit. Since few can afford this out of their salaries or

allowances, they must steal money or merchandise. An addict must steal \$400 in merchandise to get the \$75 to buy heroin.

"There was a time when drugs were a black-inner city problem, but now it is nationwide, and drug addiction is not prejudiced," said Nightlife. "Some people have another wrong idea. They think that because of their background they are not affected. But many people come to us (NTA) for treatment from the suburbs, in Cadillacs driven by their parents."

"We must recognize that we are living in a drug oriented society. TV, radio and newspapers constantly push pills to cure our ills. Many drugs in the medicine cabinet are more dangerous than heroin."

Prescription drugs are abused too, he said. When a person feels that the drug the doctor prescribed is not acting fast enough, he decides to take double the dose each time.

"Today you have to set the example," warns Nightlife. A parent can't hope to accomplish anything

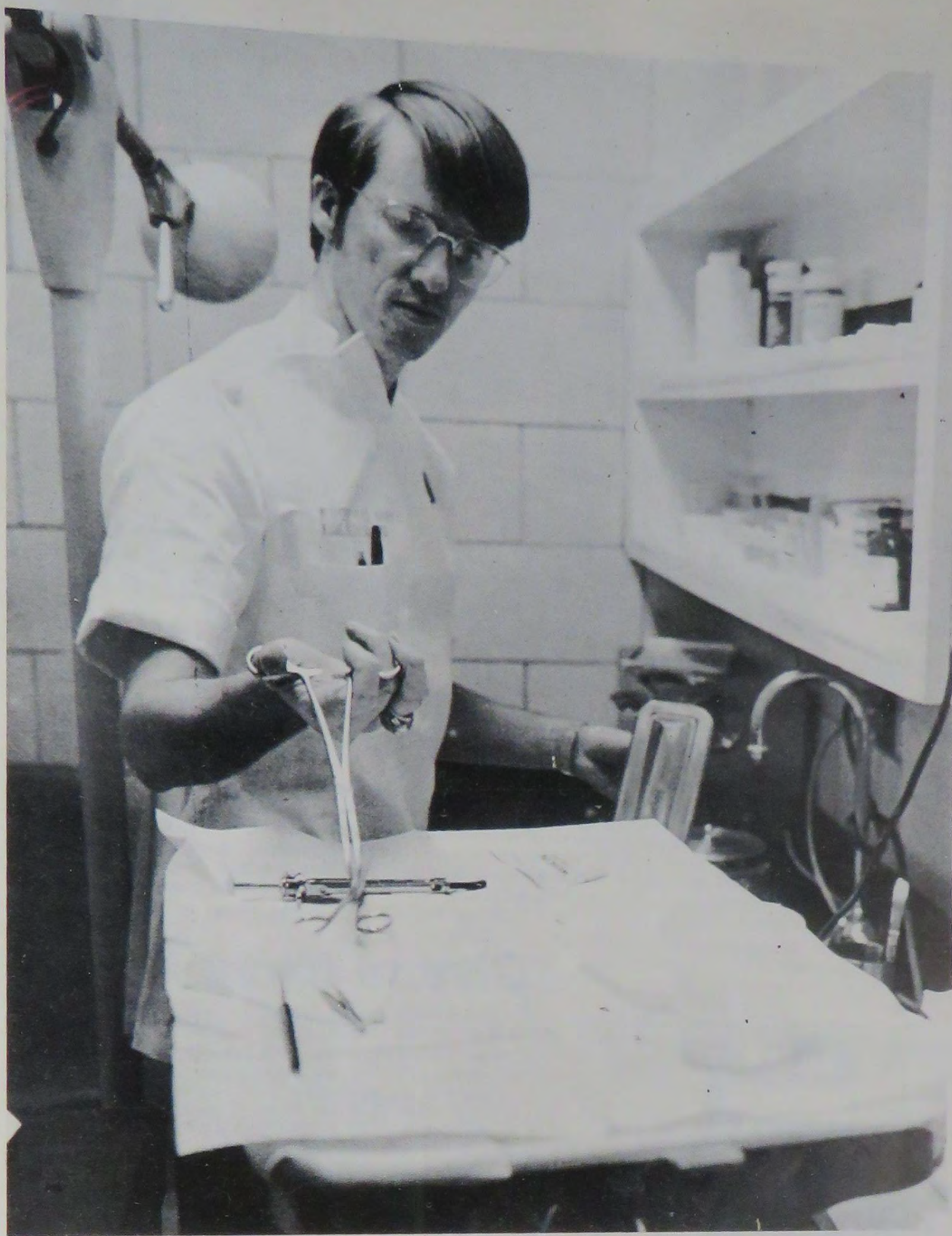
if he sips a martini while telling his kids not to smoke pot."

Why do people start on drugs? "The thrill of doing something you are not supposed to do," says Nightlife. "We've all been through it," he reminded the audience. "Also, they all want to belong in their peer group - to be a member of the 'in' crowd."

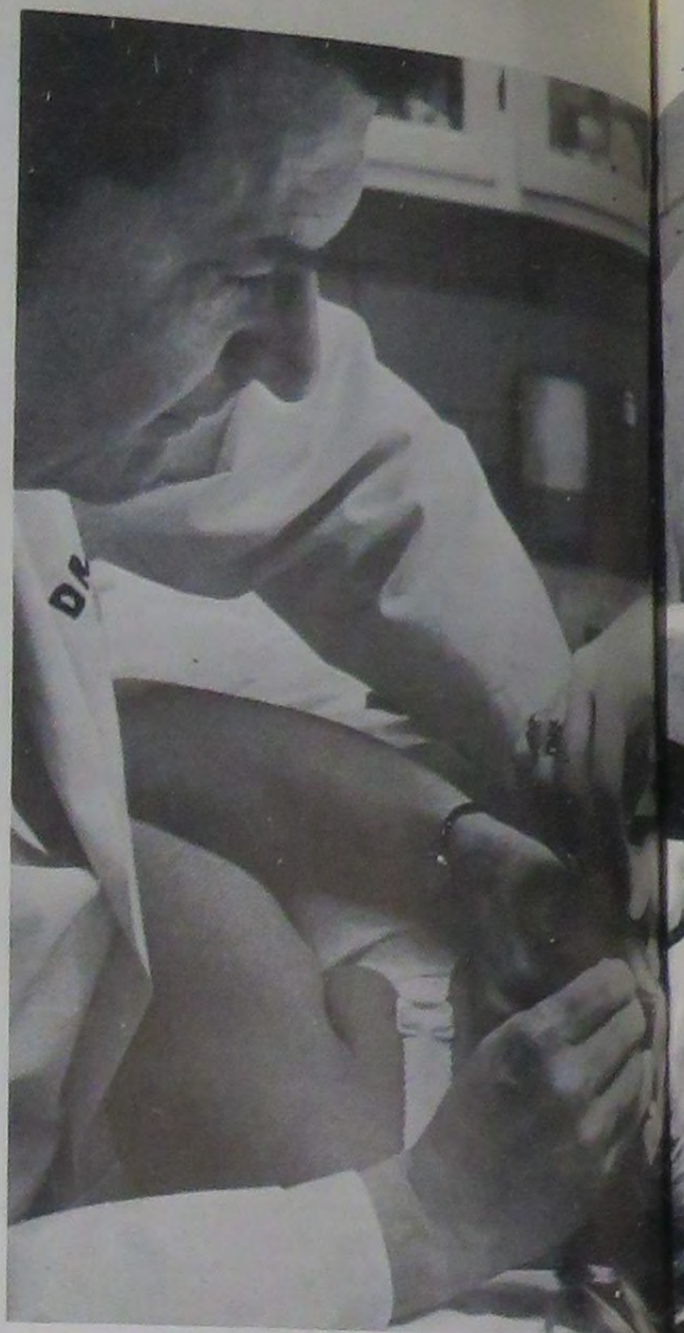
"In treating drug addicts," he emphasized, "all people are individuals, and each case must be handled by itself. Each patient must decide for himself whether he wants to quit drugs 'cold turkey,' to go on methadone maintenance, or to taper off using methadone."

"We are dealing with the mind," explained Nightlife, "addicts must want to get off drugs before we can help them."

Nightlife had only one comment about "pushers" - those that sell drugs and try to get more and more people hooked. "Drug pushers," he said, "are the most evil people in the world, they are after money and don't care who they sell the drugs to."



(Above) HM2 Dave E. Lefebvre, a dermatology technician, prepares instruments to be used in removing a small, benign growth from a patient's neck.



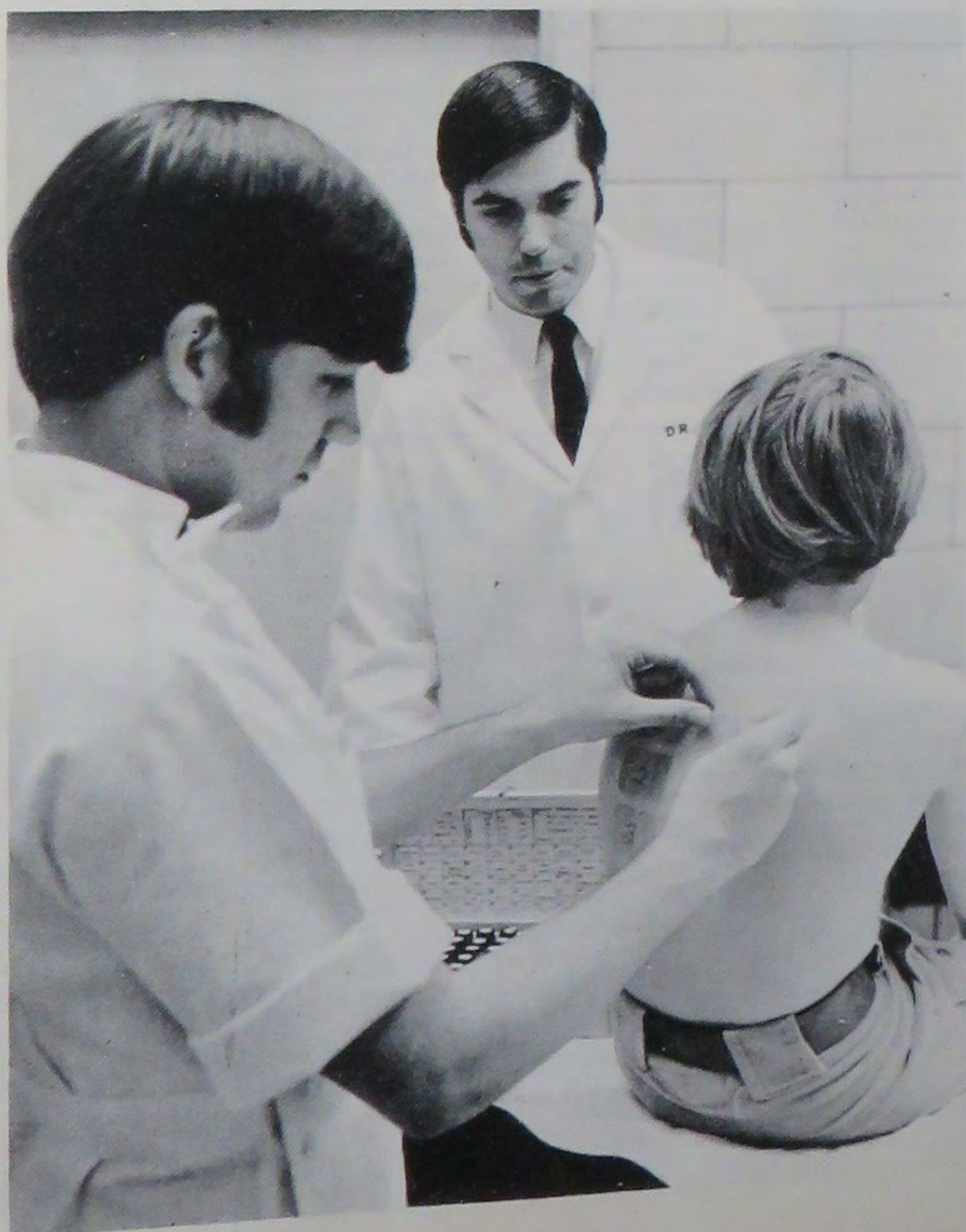
(Above, right) Capt William M. Narva, left, chief of the Dermatology Service, removes the growth, called a "nevus," assisted by HN Fred A. Riendeau, middle, and HM2 Lefebvre.

Derm

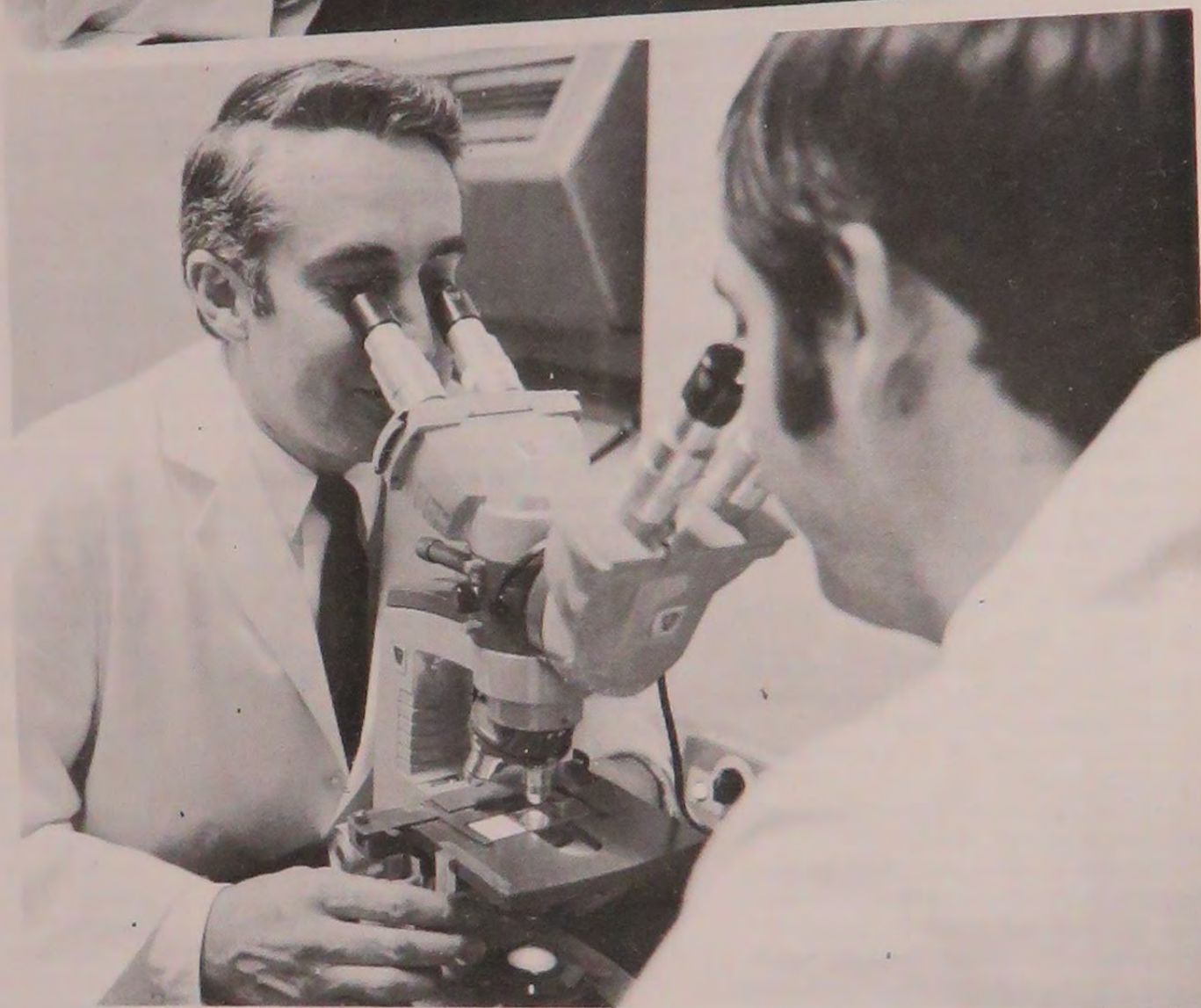
Most people use a mirror to see their face, but dermatologists use a person's face as a mirror.

Capt William M. Narva, chief of Dermatology Service of the Hospital, notes that a person's skin acts as a "mirror" reflecting many internal conditions and physiologic imbalances.

A person's skin is the largest organ of the body, and 1,500 people a month come to the Hospital for treatment.



(Lefebvre from super patch)



atology

Dermatology to have it examined. Patients come with problems ranging from acne and warts, to rare skin diseases such as leprosy.

Using biopsies, tissue cultures, laboratory tests, and other procedures, the Dermatology Service diagnoses and treats the varied skin disorders. Doctors in the service also train other doctors, both Navy and civilian, and instruct corpsmen in on-the-job training programs.

(Top) LCdr Glenn A. Dobecki, a staff medical officer, shows a patient a drawing of a cross section of skin, to explain the causes of acne. (Above) Cdr W. Taylor Johnson, assistant chief of the service, consults with LCdr John W. Cox, a staff medical officer, on the diagnosis of a biopsy.

Photos by

HM1 Denny Garner



Dr. Cox supervises HM2 as he removes a plantar wart. (Far left) Here Dr. Cox and HM1 Riendeau are placing scrapings into a bottle to determine allergies.

(Right) Dr. Johnson scrapes some scales from a patient's back onto a microscope slide. Dr. Corwin Olds, a senior medical student from George Washington University, watches the technique. GW students come here as part of their training. (Above) HM2 Lefebvre takes the scrapings and places them into a fungus culture bottle. The fungus will grow rapidly in the bottle allowing easier diagnosis of the cause of the patient's skin disorder.



This is the new badge now being worn by all Senior Enlisted Advisors (SEAs). The SEA program was set up to identify senior enlisted men with problems. The eight Center SEAs are: HMCM Carmine S. Guadagno, NNMC; HMCM Herbert V. Miller, NH; HMCM Alvin M. Edwards, NMS; DTCM Vernon R. Burke, NGDS; HMCM Elmer B. Custead, NMRI; HMCM Kenneth D. Hill, NSHCA; HMC Arthur McGregor, NTU; and HMCM Paul E. Ewald, AFRI.

HM3 Custodio becomes U.S. citizen

HM3 Perfecto T. Custodio, who is originally from Bataan in the Philippine Islands, has just recently become an American citizen.

Custodio, an X-ray student in the Naval Medical School, received his certificate from the District Court of Washington, D.C. His commanding officer, Capt Edward J. Rupnik, presented the certificate to Custodio at a ceremony held here.

HM3 Custodio has almost seven years of enlisted naval service behind him. He decided to obtain his citizenship, he said, because of the privileges available to American citizens.

Before the Navy entered his life, Custodio

attended Southeastern College in Manila. He enlisted in the Navy in July of 1965, and, after basic training in San Diego, served as a Steward in a naval squadron at Virginia Beach, Virginia, and aboard the USS INDEPENDENCE. In September of 1970, Custodio began training at the Hospital Corps School at Great Lakes, Illinois. His first duty station as a corpsman was the Naval Hospital here. From the hospital, he entered into his present assignment in the Medical School.

HM3 Custodio and his wife, Aida-Lynn, say they like the Washington, D.C. area very much and hope that they will be stationed here for a while.



Gregory L. Sell signs the papers putting him in the Navy Aviation Reserve Officer's Candidate Training Program (AVROC), while his father, Capt Kenneth W. Sell, watches. Capt Sell is director of the Department of Clinical Medical Sciences at the Naval Medical Research Institute. Gregory was sworn into the Navy by his father.

Under the AVROC program, Gregory will complete half of his Officer's Candidate School (OCS) between his junior and senior years of college. He is currently in his third year at the University of Virginia in Charlottesville, majoring in psychology and personnel management. Following graduation, Gregory will complete OCS at Pensacola, and then enter pilot's training. He hopes to qualify for training as a fighter pilot, and plans to make the Navy his career.

Personnel in the spotlight

NNMC

Genis G. Baldwin, janitor foreman, received a Length of Service Award for 30 years of Federal service.

Charles C. Bannerman was advanced in rate to BT1.

Erlingo N. Bernaldo was advanced in rate to SD3.

Wilford E. Cornell, electrician, received a certificate for accumulating 1000 hours of sick leave.

HM1 Richard F. Cote reenlisted for four years.

William F. Cutshall was advanced in rate to HM3.

Robert E. Dungan, shop planner, received a Length of Service Award for 30 years of Federal service.

James C. DuRell, general supply assistant, received a Length of Service Award for 30 years of Federal service.

Thomas I. Greenfield, warehouseman, retired after more than 26 years of Federal service, 24 of them with NNMC.

John M. Harley, boiler plant operator, received a Length of Service Award for 30 years of Federal service.

Albert A. Jackson, electrical worker, received a Length of Service Award for 30 years of Federal service.

James V. Jones, electrician, received a Beneficial Suggestion Certificate.

Marion J. Kemp, medical laboratory apparatus maker, received a Length of Service Award for 30 years of Federal service.

SD1 Gregorio S. Malinag received his third Good Conduct Award.

Joseph A. Markovich, supervisory accounting technician, received a Length of Service Award for 30 years of Federal service.

HM2 Larry W. Mayes received the Good Conduct Medal.

HM1 Guy K. Mulloy received his second Good Conduct Award.

Herbert T. Myers, utilities operator general foreman, received a Certificate of Training.

Rutherford J. Nelson, mechanical engineering technician, received a Quality Salary Increase.

Sadie Otte retired from the Navy Resale System after five years of service.

Ruben I. Panganiban was advanced in rate to SD3.

Joseph E. Russell was advanced in rate to HM3.

SD2 Edgardo E. Sameniego received his fifth Good Conduct Award.

James Stephens, pest control equipment operator foreman, received a Certificate of Training.

David W. Stitz was advanced in rate to HM3.

Victor E. Wighington, Jr., firefighter (structural), received a Length of Service Award for 30 years of Federal service.

Hospital

David F. Adams was advanced in rate to HM3.

Connie L. Adkins was advanced in rate to HM3.

Warren D. Albin, Jr., supervisory clerk, received a Quality Salary Increase.

Peter C. Alway was promoted to Ltjg, NC.

Stewart D. Anthony was advanced in rate to HM3.

Denise M. Belanger was promoted to Lt, NC.

Craig S. Belting was advanced in rate to HM3.

Barbara J. Birkholm was advanced in rate to HM3.

Jerry L. Blankenship was advanced in rate to HM3.

Karl D. Blankenship was advanced in rate to HM2.

Richard W. Brown was advanced in rate to HM2.

Angela A. Cinquergara was promoted to Ltjg, NC.

Elizabeth A. Clark was promoted to Ltjg, NC.

Paula Cornett was promoted to Ltjg, NC.

Cynthia E. Crowder was promoted to Ltjg, NC.

Bennett J. Depetris was advanced in rate to HM3.

Anna E. Easterling, food service worker, retired after 24 years of Federal service, all with NNMC.

Michael P. Elmhirst was advanced in rate to HM2.

Betty F. Faine, food service worker, retired after 23 years of Federal service, all with NNMC.

Margaret L. Fitzgerald was promoted to Ltjg, NC.

Patricia A. Fitzgerald was promoted to Ltjg, NC.

Michael C. Foul was advanced in rate to HM3.

Joseph D. Forsha was advanced in rate to HM3.

Linda J. Gagnon was promoted to Ltjg, NC.

James A. Giordano was advanced in rate to HM3.

Lauren K. Glass was promoted to Ltjg, NC.

Margaret E. Hackett was promoted to Lt, NC.

Allen L. Hagen was advanced in rate to HM2.

Peter L. Hall advanced in rate to HM3.

Niki L. Halley was promoted to Lt, NC.

Mary A. Haney was promoted to Ltjg, NC.

Carl Harnsberger was advanced in rate to HM2.

Rodger D. Hempel was advanced in rate to HM3.

Robert F. Hill was advanced in rate to HM3.

Calbert S. Hyland was advanced in rate to HM2.

John B. Jarman was advanced in rate to HM2.

Robert S. Johnson was advanced in rate to HM1.

Dorothy D. Jones, nursing assistant, received a Length of Service Award for 20 years of Federal service.

Arlene D. Katz, clerk dictating machine transcriber, received a Length of Service Award for 20 years of Federal service.

Linda J. Keene was advanced in rate to HM3.

Lyle G. Klassen was advanced in rate to HM3.

Richard T. Knight was advanced in rate to HM3.

James M. Kozlowski was advanced in rate to HM3.

L.R. Larose was advanced in rate to HMC.

Michael M. Loe was advanced in rate to HM2.

Jeffrey T. Loughhead was advanced in rate to HM3.

Ltjg Doris A. Lyons was augmented into the regular navy.

Barbara B. McCleary, secretary, received a Quality Salary Increase.

Gerald T. Meis was advanced in rate to HM3.

Wesley E. Martinez was advanced in rate to HM3.

Nell L. Moody, food service worker, received a Length of Service Award for 20 years of Federal service.

Daniel A. Moore was advanced in rate to HM2.

Hector Moreno was advanced in rate to HM3.

George M. Moser was advanced in rate to HM3.

Don B. Motyka was advanced in rate to DT2.

Robert E. Mueller was advanced in rate to HM2.

Loran L. Nicholson, supervisory medical technician, retired after more than 35 years of combined military and civilian service, with the Department of the Navy.

James C. Noyes was advanced in rate to HM3.

Robert J. O'Connor was advanced in rate to HM3.

Earl H. Olson was advanced in rate to HM2.

William H. Otey, commissary general foreman, received a Length of Service Award for 30 years of Federal service.

Mary B. Oltman was advanced in rate to HM3.

Ronald A. Oltman was advanced in rate to HM2.

R.M. Phipps was advanced in rate to HMC.

Robert H. Ramsdell was advanced in rate to HM3.

Clotilde M. Romero was promoted to Ltjg, NC.

Joseph T. Sampere was advanced in rate to HM3.

Romie D. Sanders, cook, received a certificate for accumulating 1000 hours of sick leave.

Henry O. Schagane was advanced in rate to HM2.

Kenneth L. Scott was advanced in rate to HM3.

Susan M. Scott, occupational therapist, received a Quality Salary Increase.

Linda K. Sprinkle was advanced in rate to HM2.

Martel T. Stanton, supervisory clerk, received a Quality Salary Increase.

Leslie E. Swafford was advanced in rate to HM2.

William P. Trop was advanced in rate to HM3.

John K. Von Mutuis was advanced in rate to HM3.

David G. Veillette was advanced in rate to HM3.

Jeffrey J. Viau was advanced in rate to HM3.

Larry D. Wagener was advanced in rate to HM2.

Richard B. Walters was advanced in rate to HM2.

Deborah A. Ward was promoted to Ltjg, NC.

Mark S. Wesling was advanced in rate to HM2.

Janis D. WHEELER was

(Continued on page 7)

Twix the lines

Sec. Chafee resigns-Warner picked

The White House has announced that John W. Warner, present Undersecretary of the Navy, will be nominated to be the new Secretary of the Navy. He will replace John H. Chafee, who has submitted his resignation to the President. Secretary Chafee's resignation is to be effective as soon as Mr. Warner is confirmed by the Senate and sworn in.

The White House also announced that Frank Sanders, present Assistant Secretary of the Navy for financial management, will be nominated to succeed Mr. Warner as undersecretary.

Mr. Warner enlisted in the Navy during World War Two, and was an Electronic

Technician Third Class when released from active duty in 1946. Later he enlisted in the Marine Corps Reserve, and was called to active duty as a Second Lieutenant in 1950. He served as communications officer for two Marine units in Korea before being released from active duty in 1952. He remained in the Marine Corps Reserve until 1961. As Undersecretary of the Navy, Mr. Warner has been active in international negotiations involving the Navy.

Mr. Sanders joined the Army in 1941 as a private, and earned the Bronze Star and the European Theater Ribbon, with three battle stars, before being discharged as a Captain in 1945.

Dr. Lukash

(Continued from page 1)

teach it cannot handle all the requests from physicians wanting to enroll.

Enthusiastic, but more cautious, Dr. Lukash recommends that extensive research be conducted beginning as soon as possible. He feels that the research should be done in China where the people are conditioned to acupuncture. "Acupuncture has opened a whole new area of anesthesia, but we need research conducted by anesthesiologists, neurologists, and physiologists," he proposes.

"Patients have to be receptive to acupuncture," he says. "In all of the procedures I watched in China, there were only a few instances of even a grimace as the needles were inserted. People accept the needles much as football players accept the bumps and bruises of their sport."

Much of the acupuncture performed in China is done by "traditional" doctors. Traditional doctors are similar to physicians' assistants, in that they received limited training, then are sent to communes to treat a variety of routine ailments that befall the people. They use herb medicines and acupuncture to treat

problems such as colds, arthritis, and dysentery. "Typical walk-in clinic problems," said Dr. Lukash.

"The two biggest contributions of the traditional doctors," he explained, "are in teaching preventive medicine, and in acting as a link between the people and more sophisticated medicine available in the city." Most of the medical care for the 800 million Chinese people is provided by traditional doctors. "It is not adequate care by American standards, but it is better than no treatment at all," he said.

Acupuncture needles are sold in almost every store in China. A package of six needles of varying lengths costs about 50 cents.

Also in China for the President's trip, was Chief Robert J. Dunn, a White House corpsman. He went over with other advance personnel and cared for their minor medical problems during the 30 day stay. Commenting on Chief Dunn's role there, Dr. Lukash said, "The Navy is giving paramedical personnel more responsibility. This emphasizes the fact that we know that they have a real role in health care."



Lt Sandra Doppelheuer gives Alice Clark, an outpatient here, practical advice on the diet prescribed for her by a doctor here.

Lt Doppelheuer and Ltjg Ann Twork, both registered dietitians, conduct a nutrition clinic here on Mondays, Wednesdays, and Fridays from 10 a.m. to 11 a.m. and from 1 p.m. to 2 p.m.

Patients must be referred to the clinic by their doctors to be counseled on their diets. Most patients sent to the clinic are being treated for ulcers, obesity, diabetes, or pregnancy.

When several patients with the same diet are referred to the clinic, the dietitians set up a "class" and counsel the patients as a group.

Lt Doppelheuer says that the clinic is emphasizing preventive medicine by trying to avoid medical problems through explaining reasons for the diet, and by giving practical advice to the patients to help them stay on their diets.

The Nutrition Clinic is located in the Walk In Clinic, where Lt Doppelheuer says most of the referrals come from. She hopes the counseling by the dietitians will free doctors from this time-consuming task.

Spotlight

(Continued from page 6)

PROMOTED TO Ltjg.

James T. Wilson, cook leader, received a Length of Service Award for 20 years of Federal service.

Thomas C. Wright was advanced in rate to HM3.

Medical School

Rosario R. Confiado was advanced in rate to HM2.

James H. Cropper was advanced in rate to HM3.

Michael W. Dugar was advanced in rate to HM2.

William H. French was advanced in rate to HM3.

David A. Hammond was advanced in rate to HM3.

Margaret E. Harper was advanced in rate to HM3.

Eric R. Johnson was advanced in rate to HM3.

Richard E. Johnson was advanced in rate to HM1.

Kathleen M. Kusmitch was advanced in rate to HM3.

George A. Mettee was advanced in rate to HM3.

Joseph A. Niebel was advanced in rate to HM3.

Kathryn M. Peters, military personnel clerk, received a Quality Salary Increase.

Wanda L. Phipps, clerk-typist, received a Quality Salary Increase.

Donald C. Plummer was advanced in rate to HM2.

Landis J. Rohrer was advanced in rate to HM2.

John P. Samuels, visual information specialist, received a Length of Service Award for 30 years of Federal service.

John W. Shapland was advanced in rate to HM3.

James M. Smith, Jr., was advanced in rate to HM2.

Ray E. Smith was advanced in rate to HM2.

John T. Stringer, Jr., supervisory photographer, received a certificate for accumulating 2000 hours of sick leave.

William G. Sweany was advanced in rate to HMC.

Ronald C. Zyracki was advanced in rate to HM3.

Dental School

Jeffrey Clark was advanced in rate to DT3.

DTC William J. Cooper transferred to the Fleet Reserve after more than 20 years of active duty in the navy.

Albert Gaist, engineering technician, received a Length of Service Award for 30 years of Federal Service.

James W. Greasley was advanced in rate to DT3.

Michael Harrington was advanced in rate to DT3.

Nathaniel Holleman was advanced in rate to DT3.

Harry J. Mattern was advanced in rate to DT2.

Douglas Murray was advanced in rate to DT3.

Benjamin E. Petersheim was advanced in rate to DT2.

Howard Pinkston was advanced in rate to DT3.

Henry D. Stilley was advanced in rate to DT2.

Blanche Tate was advanced in rate to DT3.

NSHCA

Lt Dennis D. David, MSC, was augmented into the regular navy.

Lt Sagat M. Giron, MSC, was augmented into the regular navy.

Lt William D. Lekvold, MSC, was augmented into the regular navy.

Lt Larry O. Simmons, MSC, was augmented into the regular navy.

NMRI

Marion L. Albright, biological laboratory technician, received a

Length of Service Award for 20 years of Federal service.

HM2 Robert Alexander received the Good Conduct Medal.

Richard Buchli was advanced in rate to HM3.

Roger C. Durant, physical science technician, received a Length of Service Award for 20 years of Federal service.

HM2 Rollin W. Franks received the Good Conduct Medal.

John E. Fox was advanced in rate to HM3.

James W. Hill, animal keeper, received a certificate for accumulating 2000 hours of sick leave.

HMC Walter C. Jones reenlisted for six years.

HM2 Harold J. Loomis received the Good Conduct Medal.

Lena N. Morris, biologist, received a certificate for accumulating 1000 hours of sick leave.

HMC Samuel A. Pack reenlisted for four years.

James E. Scheer was advanced in rate to DTC.

HM2 David J. Styer reenlisted for six years.

Chris L. Swan was advanced in rate to HM2.

ET1 Jesse V. Teal received the Good Conduct Medal.

Lt David E. Uddin, MSC, received a letter of appreciation from the Bureau of Medicine and Surgery for the outstanding manner in which he acted as the Program Manager for the Ensign 1915 Medical Clerkship Program at NMRI during the period June 1, 1970 to September 1, 1971.

Michael Van Rollins was promoted to Ltjg, MSC.

Data Services

Dennis M. Beary, computer programmer, received a Quality Salary Increase.

Debbuedell M. Branham, coding clerk, received a Length of Service

(Continued on page 8)



It was a sweet Easter this year for Midshipman Denny Supko on Ward 6C, thanks to the thoughtfulness of "Mother Clark." Just before Easter, she visited patients on various wards in the hospital, for the thirtieth year in a row, handing out chocolate rabbits and eggs and stuffed animals.



Actor Pernell Roberts, better known to many as the former Adam on the television series "Bonanza," took time from his busy schedule to drop in at the hospital and visit patients on several wards. Roberts was in Washington appearing with Ingrid Bergman in "The Conversion of Captain Brassbound" at the Kennedy Center.

Union here picks officers, stewards

Local 361, the Center branch of the American Federation of Government Employees, has installed new officers, and has appointed shop stewards. The officers began their terms on March 13, and will serve for two years.

The new officers are: William E. Taylor, of Public Works, president; Ray Hicks, P.W., first vice-president; George J. Hoover, of the Hospital, secretary; Muriel Woodland, Hospital, treasurer; and George Greene, P.W., sergeant-at-arms. Carl R. Hahn

was elected to the post of second vice president, but has since been promoted to a supervisory position, and will no longer serve in that position.

The Executive Board of Local 361 is composed of the new officers, plus Marshall Luckett, of Public Works, who was appointed as chief shop steward.

The shop stewards are: Maurice Layton, electric shop; Lyman Myers, plumbing shop; Lawrence Springirth, carpenter

shop; George Green, paint shop; James Baldwin, roads and grounds.

Also, Watson Prather, supply; Emma E. Hamilton, laundry; Lawrence W. Gray, housekeeping; Sylvia W. Porter, outpatient; and Raleigh Jackson and Willie Ferguson, food service.

Local 361 meets on the last Wednesday of each month except July and August. Meetings are held in Classroom "C" in Building 110, at 8 p.m.

Centerite's wife picked to head wives

The wife of a Center corpsman has been elected as President of the Washington, D.C. area chapter of the Navy

Wives Club of America (NWCA). Patricia Rutter, wife of HMI John M. Rutter, is the newly elected president of the Eleanor

Roosevelt No. 37 chapter of NWCA.

Membership in the NWCA is open to all wives of enlisted men in the Navy, Marine Corps, and Coast Guard. Membership can be transferred from club to club (there are 113 clubs in the U.S. and overseas) as husbands are transferred.

The club meets in the Bellevue Housing Area on the second Monday of each month at 8 p.m. for a business meeting, and on the fourth Monday for social or educational programs.

For more information on the organization, call Pat Rutter at 340-1521.



Mrs. Herold Shear, left, and Mrs. Richard Chanslor, of the Naval Officers' Wives Club of Washington, D.C., look over a few of the items that will be sold at the 1972 NOW Spring Festival on May 13. The Honorable John W. Warner, recently nominated as Secretary of the Navy, will open the day's events at 10:30 a.m. at the waterfront. The Navy Band and Sea Chanters will entertain at the opening. The festival will continue until 5 p.m. with teen rock bands, fashion shows, house and ship tours, booths selling hand made items, a sidewalk cafe, art show, refreshments, coffee house, and Hofbrau areas.

Admission and parking are free, and the festival is on rain or shine. Money raised will be donated to charity.

Bowling winners

The CPO bowling team won first place when they took three out of four points from the Outcasts in the last match of the season. This knocked the Outcasts out of first place, and ended a four team battle for first that had lasted all season.

The final bowling results were: CPO, 1st; Outcasts, 2nd; AFFRI, 3rd; Pin Busters, 4th; M.I.T.S., 5th; C.P. Lab, 6th; Goobers, 7th; X-Ray, 8th; Spartans, 9th; Tenquins, 10th; Mickey's Monsters, 11th; and Lab, 12th.

Individual honors for men were: High Average, Phil Meek, (185); High Series, Claude

Thompson (612); High Series (Handicap), William Moritz (661); High Game, Jay Horton (247); High Game (Handicap), Mike Presco (279); and Most Improved Average, Leroy Hutzenbiller, up 25 pins (136-161).

Individual honors for women were: High Average, Beverly Brennan (156); High Series, Lillian Meek (542); High Series (Handicap), Janet Stahl (584); High Game, Dee Patrick (208); High Game (Handicap), Elaine Slipsager (231); and Most Improved Average, Sharron Barranco, up 11 pins (118-129).

Rose Wright new with ARC

Rose M. Wright has joined the staff of the American Red Cross here as recreation supervisor.

She came here from Brooke Army Medical Center in San Antonio, Texas. Originally from Indiana, Miss Wright holds a master of science degree in recreation from Indiana University.

Before joining the Red Cross, she served as recreation director at the LaRue D. Carter Psychiatric Hospital in Indianapolis.

Rose says that she enjoys golf and bowling, and likes to watch football. She is also interested in jazz, movies, cooking, reading, and taking care of her dog.

Spotlight (Continued from page 7)

award for 20 years of Federal service.

Daniel W. Nightingale, digital computer equipment analyst, received a Length of Service Award for 30 years of Federal service.

Camilla A. Taylor, statistical assistant, received a Quality Salary Increase.

AFFRI

Guy R. Bateman received a Quality Salary Increase.

John Cicala was promoted to SP4.

Thomas W. Hinz was promoted to Lt.

Norbert Konwinski was awarded the Defense Nuclear Agency Meritorious Civilian Service Medal.

Vetrey S. Swafford received a Quality Salary Increase.

DO I KNOW YOU CAN VOTE
WHEN YOU'RE 18 YEARS OLD?
NO, BUT IF YOU'LL HUM A
FEW BARS...



Dr. Levine

(Continued from page 1)

quarters for 20 patients and staff. But soon the urine testing program was announced and within three weeks we had 100 men to treat."

Nearby was another barge that was scheduled to be scrapped. "Passing ships had stripped it for parts," grimaced Dr. Levine. "There were no toilet seats and no lights. The pumps were going all the time to keep it afloat. I was named project officer to outfit the barge for the drug program."

The outfitting went rapidly, since the work was given top priority. Soon, Dr. Levine had located another doctor, a chaplain, a neuropsychiatry technician, and a corpsman who had been with a drug education team. The five of them then began creating the Navy's drug amnesty and rehabilitation program for Vietnam.

"We had lots of drug users coming in," said Dr. Levine, "but no one would take them off our hands. When we first started, the Air Force didn't want drug users on their troop transports, and no one in the U.S. wanted them either. Even if the outfits in Vietnam would have taken them back, it would have been wrong to return them to the same problems and

pressures that drove them to drugs in the first place."

Soon, however the Navy opened the drug rehabilitation center at the Naval Air Station in Miramar, California, and the Air Force had set up special medical evacuation flights to handle the drug patients.

Most of the patients at Nha Be were sent to Miramar for psychiatric evaluation, and further rehabilitation. Now other drug centers have been opened, and the barge at Nha Be is basically a detoxification station. Addicts are sent there so they do not undergo withdrawal on the medevac flights.

Dr. Levine was scheduled to return to the U.S. on August 1, 1971 but he came back ten days early to confer with officials at the Bureau of Naval Personnel and the Bureau of Medicine and Surgery on the drug program.

"When we set up the exemption program in Vietnam," Dr. Levine said, "we requested that the amnesty representatives be junior officers and young 'involved' senior NCO's (first and second class). We wanted some of them to be from minority groups. They had to be people that the users could relate to, someone who talked their language."

2nd GW signing gives HMs BS degree

Another avenue has been provided for corpsmen to get college credits for their Navy training by the signing of the second agreement within a month between the Navy and The George Washington University.

The first agreement, signed in March, made it possible for corpsmen taking courses in technical specialties to receive an associate of science degree.

The latest agreement will give 90 semester hours of credit to corpsmen participating in the Navy's Physician's Assistant (PA) program. This is 30 credit hours less than needed for a bachelor of science degree.

Many of the corpsmen selected for the PA program will already have the additional 30 hours from previous courses, and will receive bachelors degrees from GWU when they complete the two year program. Others, lacking the 30 hours, can take courses following completion of their PA training, and will receive their degrees

when they acquire enough additional credits.

Initially, 15 corpsmen selected for the PA program will go to GWU and an additional 38 will go to Sheppard Air Force Base in Wichita Falls, Texas, where a similar agreement was arranged with the University of Nebraska.

The corpsmen will spend one year at either GWU or Sheppard AFB studying academic and preclinical subjects. They will then spend a second year at a Naval Hospital, taking required and elective clinical subjects, and working under the supervision of a physician. Three naval hospitals, Bethesda, Portsmouth, Va., and Philadelphia, will conduct the second year programs.

Upon successful completion of the program, corpsmen will be promoted to Physician's Assistant Warrant Officer.

The PA's, under the supervision of a physician, will perform tasks that previously were done only by physicians. Their principle duties

will be initial contact with patients to obtain medical histories, performing physical examinations, ordering diagnostic studies, interpreting and recording results of the studies, and prescribing limited therapy. The physician supervisor will be responsible for the actions of his PA.

Two of the 53 corpsmen selected for the PA program this year are stationed at the Hospital here. HMC Daniel J. Hutchinson, of the Physical Examination Section, will be going to GWU in September. HMI Charles A. Lindsey, of the Outpatient Service, will be going to Sheppard AFB in March 1973.

HMI Michael C. Hardy, of Radio Isotope Therapy, has been selected as one of ten alternates.

Cdr Charles J. Pearce, curriculum director for the Naval Medical School, is coordinating the PA program. Any corpsmen wishing further information about eligibility requirements should contact him at Ext. 50159.

**National
Naval
Medical
Center**

NEWS

Volume 28 Number 4

May 1972

Educator cited by BuMed

Earl R. Shappell was presented with the Navy's Superior Civilian Service Award upon his retirement at a special ceremony here. This award is the highest award the Bureau of Medicine and Surgery can give to a civilian.

In presenting the award to Mr. Shappell, Capt. Edward J. Rupnik, commanding officer of the Naval Medical School, stated, "Throughout your years of employment at the Medical School, you performed a multitude of challenging duties in an outstanding manner. You went far beyond your initial instructions at the time of employment, to develop and instruct in the use of training aids and lesson plans, and to develop uniform standards and grading procedures for the various course directors."

One of the projects conducted by Mr. Shappell was a 14-week course for foreign military medical officers. Included in the course were a workbook for English comprehension, and eight taped English lessons.

Another project Mr. Shappell coordinated was the organization and presentation of courses on treatment of nuclear/biological/chemical warfare casualties.

The NBC courses were originally presented here at the School, and at other locations, by a mobile teaching team from the Center. It was decided to convert the course into a teaching package that could

be sent anywhere and taught by the medical staff at the receiving activity.

The NBC packages, assembled by Mr. Shappell, are now distributed world-wide, and resulted in an initial savings to the Navy of \$90,000.

He also planned and conducted a short course including: MILPHAP (Military Provincial Health Assistance Program) orientations; tropical medicine courses; Peace Corps orientation of Medical officers; the first command and staff course for captain selectees; and the Physician's Aid (screener) course.

In addition he narrated and acted in various training films and made audio tapes for scientific exhibits.

Recently he wrote a technical report on heroin which will be the foundation of both an exhibit and a motion picture which will be shown to thousands of medical personnel.

His final weeks at the Medical School were spent researching and writing the "first accurate, detailed history of the Naval Medical School."

Capt Rupnik said to Mr. Shappell, "Your devotion to quality education, knowledge of teaching methods, and personal expertise have contributed immeasurably to the successful accomplishment of the mission of this command."

In a letter to Mr. Shappell, VAdm
(Continued on page 2)

Admiral selectees



Captain Custis



Captain Rupnik

The commanding officers of two commands here were two of the four Medical Corps officers selected this year for promotion to Rear Admiral.

Capt. Donald L. Custis, commanding officer of the Hospital, and Capt. Edward J. Rupnik, commanding officer of the Medical School, both board certified surgeons, were selected for promotion. Dates for the promotions have not yet been announced.

CAPTAIN CUSTIS

In 1942, Capt. Custis received his M.D. degree from Northwestern University, and then served his internship at the Presbyterian Hospital in Chicago. In 1944 he entered the Navy, serving in the USS Clinton (APA) until 1946.

He then went to the Mason Clinic in Seattle where he served a four year surgical residency.

Following his residency, he served as a surgeon at three naval hospitals: Portsmouth, Va. ('56-'58); Guantanamo

(Continued on page 6)

CAPTAIN RUPNIK

Capt. Rupnik received his M.D. degree from the University of Pittsburgh in 1948, then entered the Navy, serving his internship, and four of his five years of surgical residency, here at the Center, finishing in 1956.

From then until 1958 he served as senior surgeon at the Station Hospital, Joint Military Aid Group to Greece, in Athens. He then returned to the Center in 1959 serving until 1962 as a chief of the dependent surgical service.

(Continued on page 7)

Wilson gets top civilian position in food service

James J. Wilson has been promoted to the top civilian position in the Food Service Division of the Hospital. As Commissary General Foreman, he will now supervise 124 people working in three shifts, and will be responsible for the preparation of 2500 meals each day.

Mr. Wilson came to the Center 18 years ago when he received a "temporary" job as mess attendant. Working his way through the ranks, he was made assistant cook in 1965, a cook in 1966, and a leader cook in 1967.

His career has been punctuated with letters of appreciation, outstanding performance ratings, and certificates for completing management development courses.

"Food preparation has changed a lot in the last 18 years," says Mr. Wilson, "automation is taking over. We used to buy the whole cow, and we had a butcher shop. Now the butcher shop is gone and we buy meat either pre-cooked or ready to cook."

The bakery shop also has gone the way of the butcher shop. Most baked goods are

now bought ready to serve.

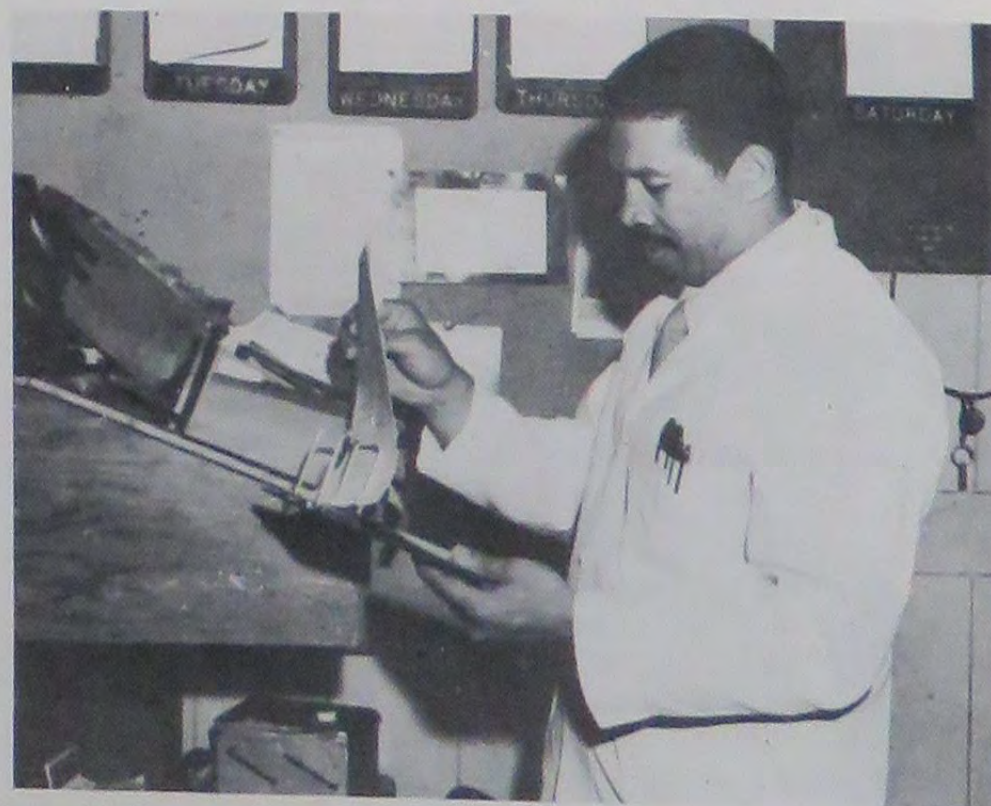
Automation has also affected the serving lines, he points out. Dispensers for coke and milk have speeded up things.

In the interest of further speeding up of lines, Mr. Wilson is investigating the possibility of serving roast beef sandwiches similar to those at local drive-in restaurants. The roast beef will be added if the equipment can be obtained, and if an economical source for the beef can be found.

Mr. Wilson was born in South Carolina, moved to Washington, D.C., and later moved to Brooklyn, New York, where he lived for 10 years before joining the Army in 1952. After spending two years in a heavy weapons company, he was discharged and came back to Washington to look for a job.

"I applied everywhere," he remembers, "and I was going to take the first offer I got." The Center was first to offer him a position and he took it.

He and his wife Betty live in the District of Columbia with their children Lenore, Jamie, James, and Wanda.



Mr. Wilson checks the next day's schedule.

Editorial

As in civilian life, auto theft in the military is a growing problem. Last year an estimated 940,000 cars were stolen in the United States...an average of one every 34 seconds.

Yet, there are a few simple steps which a serviceman can take to help minimize the possibility of having his car stolen:

- Most important, remove your ignition key and lock your car. Don't leave car doors unlocked or keys in your car just because you think it's parked in a "safe" place or because you'll only leave it unattended for a few minutes. Surprisingly, most car thefts occur in residential areas.

- Do not attract potential thieves by

Lock it or lose it

leaving valuable items exposed in your car. Often thieves will pilfer your car, then drive it away as an afterthought.

- Park in lighted, well trafficked areas, preferably near a street lamp or a lighted store window. Most thieves won't risk working on a locked car in the light when there's usually a car nearby that someone left parked in the dark.

- Have a private identification on your car -- scratch your initials in some hidden place. This often helps identify a car when the engine numbers and other identifying features have been tampered with.

- Do not "hide" an extra ignition key un-

der a floor mat, seat, the hood or some other "safe" place.

- Unless local laws require it, never leave the car's registration papers in the glove compartment. Professional thieves prize such proof of ownership.

- If your car is stolen, report the theft promptly to the police and to your insurance company.

- Record and keep at home your car's Vehicle Identification Number, make and model, body style, type of engine, license plate number and other data you'll need in reporting a stolen car.

Sickle Cell Anemia

What is Sickle Cell Anemia?

SCA is an inherited condition in which there is a defect in the hemoglobin (coloring matter of the red corpuscles of the blood). The presence of this defective or abnormal hemoglobin is capable of causing distortion (sickling) of the red blood cells.

SCA affects predominantly, but not entirely, members and descendants of the Negro race. Although sickled red blood cells have been found in one of every ten American Negroes, the active disease, SCA, occurs about once in 400 American Negroes. It is estimated that approximately 50,000 persons in the United States of America suffer from the disease.

This disease occurs as a result of the mating of two persons, each of whom carries the gene for the sickling trait (no symptoms). If the child inherits this gene from each parent, the presence of a double dose in the child will result in sickle cell disease.

Although this is an inherited disease, it does not usually manifest itself at birth. In most instances the first symptoms appear at about 2 years of age or earlier.

The term "Crisis" is used to designate periods of activity of the disease. The symptoms often take the form of fever (associated infection), pain, loss of appetite, paleness of the skin, yellowish tint to the eyes and sometimes there is a striking decrease in the number of red blood corpuscles.

SCA is under heavy attack from Veterans Administration medical researchers, and the fight is to be expanded, VA physicians have told Congress.

Testifying before the House Veterans Affairs Committee Dr. Howard W. Kenney, a VA medical director, said 35 VA projects currently are dealing with the genetic defects and pathological mechanisms involved in sickling.

In addition, he said, 15 VA hospitals soon will begin a cooperative study of sickling, and all the agency's hospitals will begin screening their black patients.

Veterans found to have the sickle cell trait, or any variant of sickle cell disease, will be given the benefit of thorough counseling and education as to all pertinent information, according to Dr. Kenney. Medical treatment will be provided as needed, he said.

The cooperative study will be "a careful, scientific evaluation of several diseases that often occur in conjunction with sickle cell trait to determine, if because of sickle cell trait, there is a greater degree of risk, morbidity, or mortality," Dr. Kenney said, adding:

"Particular diseases that will be studied include pulmonary embolism, myocardial infarction, pyelonephritis, postoperative complications, and the vascular complications of diabetes."

Chaplain's Column

"Winners"

by Chaplain E.E. Jayne

Each human being is born as something new, something that never existed before. He is born with what he needs to win at life. Each person in his own way, can see, hear, touch, and think for himself. Each has his own unique potentials--his capabilities and limitations. Each can be a significant, thinking, aware, and creatively productive person in his own right--a winner.

Muriel James and Dorothy Jongeward in their new book BORN TO WIN state that, "the words 'winners' and 'losers' have many meanings. When one refers to a person as a winner, one does not mean a person who beats the other guy by winning over him and making him lose. A winner is one who responds authentically by being credible, trustworthy, responsive, and genuine, both as an individual and as a member of society. A loser is one who fails to respond authentically." Martin Buber, the late Jewish Theologian expresses this idea as he retells an old story of a rabbi who on his death bed sees himself as a loser. The Rabbi laments that, in the world to come, he will not be asked why he wasn't Moses; he will be asked why he wasn't himself.

Although people are born to win, they are also born helpless and totally dependent on their environment. Winners successfully make the transition from total helplessness to in-

dependence, and then to interdependence. Losers do not. Somewhere along the line they begin to avoid becoming self-responsible. A loser seldom lives in the present. He destroys the present by occupying his mind with past memories or future expectations. One of his common expressions is "IF ONLY." Or he may dream of some future miracle to occur after which he can live happily ever after. Another common phrase is: "How wonderful life will be when---." Feeling like a frog, he waits patiently for the day when a beautiful princess will come, kiss him and turn him into a prince. The sad thing is that princesses don't go around kissing frogs.

Winners have different potentials. Achievement is not the most important thing. Authenticity is. The authentic person experiences the reality of himself by knowing himself, being himself, and becoming a credible, responsible person. He actualizes his own unprecedented uniqueness and appreciates the uniqueness of others. He does not dedicate his life to a concept of what he imagines he should be, rather he is himself and as such he does not use his energy putting on a performance, maintaining pretence, and manipulating others into his games.

The Lord God created us to be winners! We were born to win! Let us celebrate our birthright as human beings--recapture it if we have lost it or sold it.

Shappell

(Continued from page 1)

George M. Davis, surgeon general of the Navy, stated, "Your dedicated and outstanding service has been of exceptional benefit to the Medical Department of the Navy, and genuinely warrants the highest

award which I may grant in recognition of superior civilian service."

Mr. Shappell came to work at the Center in 1969, and retired with 28 years of combined military and civilian service.

NNMC NEWS
National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER, MC, USN COMMANDING OFFICER
CAPT D.L. CUSTIS, MC, USN DEPUTY COMMANDING OFFICER
CAPT F.B. ESSMAN, MSC, USN ADMINISTRATIVE OFFICER

Capt. D.L. Custis, MC, USN C.O., Naval Hospital
Capt. E.J. Rupnik, MC, USN C.O., Naval Medical School
Capt. W.C. Wohlfarth, DC, USN C.O. Naval Graduate Dental School
Capt. T. Richter, MC, USN C.O. Naval Medical Research Institute
Capt. R.M. Tennille Jr., MSC, USN C.O. Naval School of Health Care Administration
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Foster gets top award

On April 13, 1942, Robert J. Foster came to work at the Center as a laborer. Thirty years and 16 days later, he retired from his position as General Foreman of the Roads and Grounds Maintenance Branch of the Public Works Department.

Upon his retirement, he was presented with the Navy's Meritorious Civilian Service Award, the highest award a command can give to a civilian.

LCdr D.J. Monarch, head of Public Works, reviewed Mr. Foster's career at his retirement ceremony. After relating Mr. Foster's climb up the promotion ladder, LCdr Monarch said, "This was a tremendous accomplishment on his part. His present position is indicative of the talent and skill he has brought to the Center."

At his retirement Mr. Foster had accumulated 1600 hours of unused sick leave, and numerous awards, letters, and citations for his outstanding services during his thirty years here.

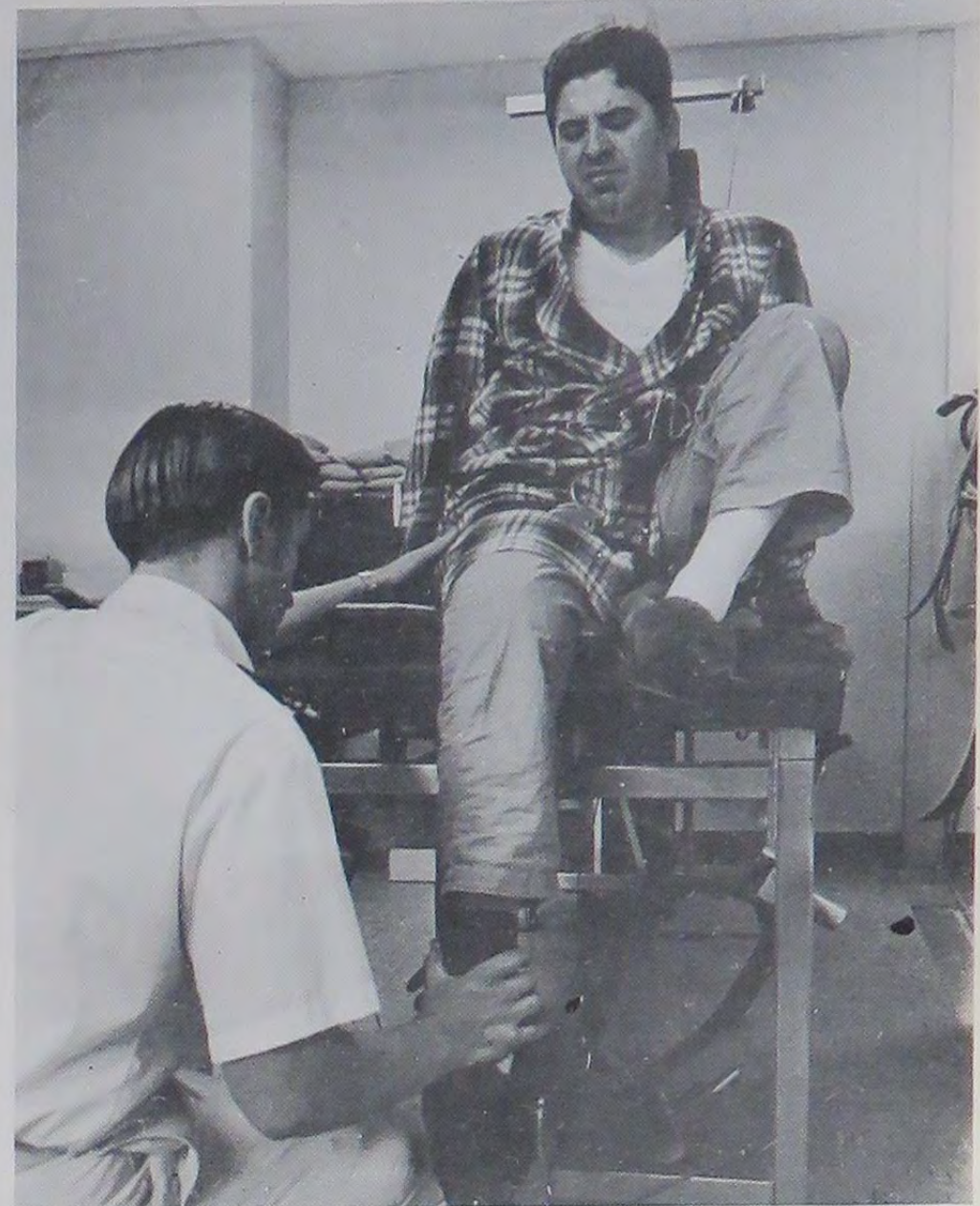
In 1944, after he had been here for two years, Mr. Foster joined the Army. "It was their choice, it wasn't mine," he recalls. After serving

a year and a half with the Army amphibious engineers, he returned to the Center as a laborer, Group II. He worked his way up to head laborer, then engineman.

Then in 1958 his career hit a snag. The Center no longer needed the equipment Mr. Foster was trained to operate. "I had a choice," Mr. Foster remembers, "I could switch jobs here or go to work someplace else. I wanted to stay here."

He did stay here but he had to change to a lower grade as a pest control equipment operator. But soon he was promoted to gardener, then head gardener, then leader (grounds), then leader (gardener) and so on, until March 1971 when he received his promotion to General Foreman of the Roads and Grounds Maintenance Branch.

Mr. Foster has resolved to "take it easy for a while" at his home in Gaithersburg where he and his wife have lived since 1946. It didn't take him long to get into the spirit of retirement. When the ceremonies were over, he went home to prepare for a fishing trip with one of his four sons.



Capt Orlando Herrera works out in the newly opened Physical Therapy rooms. As in the other areas of the main building, PT got a face lift by the Center Public Works Department while central air conditioning was being installed. It got a new coat of paint, a new ceiling, and new lighting fixtures. It also gained an attractive waiting area for patients.

In the past, PT was divided into two parts in separate locations. But now the two sections have been joined together by exchanging spaces with the Pharmacy. According to Cdr Cherry Hatten, chief physical therapist, the consolidation has resulted in more efficient use of equipment and personnel, as well as more convenience for patients.

Franz is HM of Quarter

HM2 Bruce J. Franz of the Cardiac Catheterization Laboratory has been selected as Corpsman of the Quarter by the Hospital.

In a letter of appreciation, Capt. Donald L. Custis, commanding officer of the Hospital, said to Franz, "Since your assignment to the Cardiopulmonary Laboratory you have consistently demonstrated the highest degree of leadership and professional competence...Your initiative and conscientious manner have proven your competence as an outstanding corpsman."

In 1969, just out of hospital corps school, Franz was assigned as a corpsman on ward 5C for six months before attending the CP

School here for a year. Upon graduating from CP school as honorman in his class, he was sent to Great Lakes for eight weeks to attend instructor training and leadership school. He graduated from instructor school third in a class of 30, then returned

(Continued on page 6)



HM2 Franz

Improved programs - innovative ideas earn XO-NMS Commendation Medal

Capt Donald H. Gaylor has received the Navy Commendation Medal for meritorious service here resulting in "many improved programs, and innovative ideas."

As Executive Officer and Chief of Schools and Continuing Education Service for the Naval Medical School since April 1971, Capt Gaylor was cited by the Secretary of the Navy for "superb performance of duty."

One of his accomplishments was the planning and developing of an exhibit on cannabis (the plant from which come marijuana and hashish). The exhibit has won several awards including the

American Medical Association's Billings Bronze Medal.

The citation with the Commendation Medal said, "The visibility gained by the Navy Medical Department in its fight against this very important aspect of drug abuse is most noteworthy and is almost singularly due to Capt Gaylor's untiring efforts."

Another of Capt Gaylor's accomplishments was the organization and presentation of the Indoctrination and Management Seminar for newly selected captains in the Medical and Dental Corps.

The medal was presented to Capt Gaylor by Capt

Edward J. Rupnik, commanding officer of the Medical School.



Captain Gaylor

Czaja gets medal for independent duty

HMI Michael B. Czaja, of the Cardio-Pulmonary (CP) Lab, has been awarded the Navy Achievement Medal for the "superior performance of his duties as Medical Representative in the USS John Willis (DE1027)."

The citation with the medal said of Czaja, "He was instrumental in instituting and maintaining a vigorous first/second aid training program, and provided the motivation which ensured its success." "They had to know first aid," stresses Czaja, "I was the only corpsman there, and at General Quarters a corpsman

cannot leave his station."

He held two first aid classes each week, training the crew a division at a time. When annual inspection time arrived, the Willis was prepared, placing tops in Squadron 24 in all aspects, including medical administration.

This is Czaja's third tour at the Center. He came here from Hospital Corps School in 1960, and returned in early 1966 to attend CP school. After serving at Naval Hospital, Portsmouth, Va., he was assigned to the Willis in August 1969, serving there until December 1971 when he was ordered here again.

Surgeon General tells COs of future

"At no previous time in our history have greater problems confronted us." With those words VAdm George M. Davis, surgeon general of the Navy, opened the latest session of the bi-annual Surgeon General's Conferences.

Commanding officers of naval hospitals, and other "primary managers" of the Navy Medical Department, came here from all over the world to put their heads together and help plot the course of Navy medicine.

The first topic discussed by VAdm Davis was regionalization. "Regionalization," he said, "is to my mind a great step forward, offering the ideal atmosphere in which to implement those advances in health care delivery that we constantly hear about, but have not adequately embarked upon, more effective use of specialists; cross staffing; periodic rotation away from undesirable or uninspiring medical assignments; better use of our capable enlisted personnel; better emergency and after-hour services; more reliance on paramedics, nurse practitioners, allied scientists; decentralization of clinics; centralizing and computerizing regional laboratories; improved use of all facilities; multiphasic screening and PROMIS (Problem Oriented Medical Information System) use, less

duplicity of supplies, drugs, expensive equipment are all potential advantages we must exploit."

"Regionalization," he cautioned, "does not mean simply a newly organized central control mechanism. It must improve our current methods of health care delivery. It cannot be simply a Medical Service Corps exercise. It must involve the understanding and cooperation of every Chief of Service and every Physician in the organization. It is a fabulous culture medium which should breed tremendous advances in quality health care delivery and, both patient and doctor satisfaction."

Turning from regionalization to money, he reported, "We are moving rapidly to a solution of one of our most noted problems. One cause of poor health care delivery is comparable to the highways of yesterday. Too long we have had health care personnel of today, trying to apply medical technology of tomorrow, in hospitals and with equipment of yesterday."

"In the past three years we have made gigantic strides in acquiring funding for and construction of new facilities. I was most honored and pleased to participate at the dedication of the new hospital at Memphis. Newer ones are under construction at

Roosevelt Roads, Corpus Christi, New London, Camp Pendleton and Charleston, to be shortly followed by a 200 bed addition to Long Beach, new hospitals at Pensacola, New Orleans, and Orlando, and many smaller clinics, dental and medical."

Then, mentioning recent agreements between the Navy and The George Washington University (one of which is reported in this issue of the Center News), VAdm Davis said, "With the leadership of Capt Rupnik's staff of the Naval Medical School, additional incentives to encourage enlistment in the Navy Hospital Corps have been provided... Join the Navy and get your college degree!"

Next discussed was pay for physicians. "Attesting to both the need for additional pay bonuses, and that this will attract more physicians toward a military career, is the fact that 22% of the fully trained Berry Plan specialists who qualified for Continuation Pay in the last year accepted it, and have extended beyond their obligated time. Prior to this, virtually none elected to remain beyond their obligated time."

He then dealt with other programs. "The Family Practice Program at Jacksonville has been highly successful. Next year we will start

(Continued on page 8)



A new challenge-working with a patient in a laminar flow unit



*Alene B. Duerk
Director of the Navy Nurse Corps
First woman selected for the position*

72

Tender Loving Care has been provided by Navy nurses since the Nurse Corps was established 64 years ago on May 13, 1911.

But except for TLC today's nurses have little resemblance to those of old.

A nurse today can specialize in many areas: nursing, pediatrics, anesthesia, orthopedics, and nine other areas including general nursing.

There will always be a need for nurses.

A nurse's education is continual





*Navy Nurse Corps
selected for Rear Admiral*



Some patients need intensive TLC

TLC and much, much, more

photos by FM3 Eric Larson

provided by
Corps was
May 3, 1908.

every nurse bears
of all

hyperbaric
topedics, or
general nursing.

Nurses are administrators, teachers, and researchers. Nurses are naval officers, with all the benefits, and all the responsibilities of their rank.

But today's patients whether in laminar flow units, intensive care units, operating rooms, or recuperating in bed - still see a nurse as a smile, a hello, and a pair of competent hands to help them get well.

always be bandages to change



Technical advisor for a movie - all in a day's work





HM1 Denzel Garner is presented with a letter of appreciation at a Meritorious Mast held in his honor. Presenting the letter is Capt Edward J. Rupnik, commanding officer of the Naval Medical School.

Garner is an instructor in the Medical Photography Training Division of the Medical School. He was honored for outstanding performance since coming to the Center in September 1968 as a student in Medical Photography.

Captain Custis *(Continued from page 1)*

Bay, Cuba ('58-'60); and Great Lakes, Ill. ('60-'63). Next he went to the naval hospital at Beaufort, S.C. as chief of surgery, and then in 1965 to Naval Hospital Philadelphia, also as chief of surgery.

In 1967 he was made executive officer at Philadelphia. He served in that capacity until 1969 when he was sent to the NSA Hospital in DaNang as senior medical officer. He came to the Center in 1970 as commanding officer of the Hospital.

Your Dental Health

Controlling your diet

The following article is one of a series being presented by the Center News in cooperation with the Naval Graduate Dental School.

An earlier article told how certain bacteria in the mouth use sugar from the food we eat to produce a sticky substance which enables them to stick to the teeth in a film called plaque. Held fast against the teeth some of these bacteria then break down sugars and other carbohydrates producing the acid which cause tooth decay.

It is easy to understand that eating sugars and other carbohydrates can lead to tooth decay and it would, therefore, seem quite logical not to eat them. This is far easier said than done. All of us, especially our children like sweet foods. Additionally, as part of a balanced diet we need carbohydrates as an energy source. How, then, can we eat a balanced diet of foods we enjoy while doing the least possible damage to our teeth?

With few exceptions, notably fluoride, what is left out of the diet is more important in preventing tooth decay than what is included. The two chief precautions are: avoid too many sweetened drinks, cookies, syrups, jams, pastries and other highly refined foods and

avoid in-between meal snacks of harmful foods. It is not necessarily the amount of sugar we eat that causes the greatest problem, but rather how often we eat it. Each time sugar is eaten, acid is formed in the plaque and some of the covered tooth surface is dissolved. It does not appear to really matter whether a small or large amount of sugar is eaten at one time; acid will be present in the plaque for approximately the same length of time. Therefore, when we eat sweets we might as well enjoy ourselves, if the waistline can stand it, and eat all we wish. We should, though, limit the frequency of these feasts. The fewer times we eat sweets during the day, the fewer times our teeth are attacked by acid. If between meal snacks are necessary substitute unsweetened foods.

It has been said that eating coarse and crunchy foods, chewing gum, or rinsing with water will clean the plaque off our teeth. Unfortunately, this is just not true. The only currently available way to adequately remove plaque is by proper use of our dental floss and toothbrush. There is no substitute.

(Next article: Tooth Decay--Strengthening the Teeth with Fluoride)

Corpsman of the Quarter

(Continued from page 3)

here to be assigned to the equipment used in the his three years of study at a Cardiac Cath Lab. He was operating room. small college in Virginia. given the responsibility for Franz is currently attending. When he completes his developing lesson plans for evening classes at the premedical studies, he wants the teaching programs in the University of Maryland taking to apply for a Navy Cath Lab and for monitoring premedical subjects to add to scholarship to medical school.

Personnel in the spotlight

NNMC

James C. Durell, general supply assistant, received an Outstanding Performance Rating.

Herbert B. Duvall, warehouseman, retired after 30 years of Federal service, all spent with NNMC and the Department of the Navy.

Robert J. Foster, roads and grounds maintenance general foreman, retired after 30 years of Federal service, all spent with NNMC and the Department of the Navy.

Marjorie S. Geisler, stenographer, received an Outstanding Performance Rating.

Jerry L. Hollis, modelmaker (general), received an Outstanding Performance Rating.

Upton H. Jackson, janitor, received an Outstanding Performance Rating.

Herbert T. Myers, utilities operation general foreman, received a Special Act or Service Award.

Lt Peter R. Pilarski, CHC, received the Republic of Vietnam Staff Service Honor Medal.

Donald C. Smith, machinist maintenance, received an Outstanding Performance Rating.

Frederick O. Swain, joiner, received an Outstanding Performance Rating.

Claude A. Swanson, shop planner, received an Outstanding Performance Rating.

Lawrence J. Travis, motor vehicle operator, received an Outstanding Performance Rating.

Linda Lou Weckesser, clerk-typist, received a Quality Salary Increase.

Hospital

Nellie R. Amers, janitor, received an Outstanding Performance Rating.

Barbara B. Bownes, nursing assistant (medicine and surgery), received an Outstanding Performance Rating.

HM2 Richard W. Brown reenlisted for two years.

Ferdinand W. Brunet was advanced in rate to HN.

Geoffrey W. Conrad was advanced in rate to HN.

Ronald G. Crenshaw was advanced in rate to HN.

David M. Cyr was advanced in rate to HN.

Bennett J. Depetris was advanced in rate to HM3.

James D. Gary was advanced in rate to HN.

Ron E. Giddings was advanced in rate to HN.

Jane A. Hall, clinical nurse, received an Outstanding Performance Rating.

HM1 Michael C. Hardy was selected to participate in the Physician's Assistant Program.

Alan R. Hedderman was advanced in rate to HN.

Martin L. Hoyt was advanced in rate to HN.

HMC Daniel J. Hutchinson was selected to participate in the Physician's Assistant Program.

Patrick E. Johnson was advanced in rate to HN.

HM1 Charles A. Lindsey was selected to participate in the Physician's Assistant Program.

Dorothy F. Marchbank, medical technician, retired after 23 years of Federal service, all spent with NNMC and the Department of the Navy.

Jack W. May was advanced in rate to HN.

Lucille McDonald, cook, received an Outstanding Performance Rating.

Kathy Miller was promoted to Ltjg, NC.

Christopher L. Mistretta was advanced in rate to HN.

Loretta J. Nealis, supervisory clinical nurse, received an Outstanding Performance Rating.

Terence J. O'Malley was advanced in rate to HN.

Clarence F. Parker, Jr., was advanced in rate to HN.

Claire D. Radeloff, clerk (stenographer), received an Outstanding Performance Rating.

William C. Rafalski was advanced in rate to HN.

Boyd W. Salisbury was advanced in rate to HN.

Roy M. Sleboda was advanced in rate to HN.

HMCS Ronald D. Smillie reenlisted for two years.

Carrie M. Thompson, nursing assistant (medicine and surgery), received an Outstanding Performance Rating.

Mary A. Webster, patient escort, received an Outstanding Performance Rating.

Michael R. Whitaker was advanced in rate to HN.

HM1 Meade G. Withrow was selected for the Associate Degree Completion Program (ADCOP).

NMS

Bruno J. Figallo, supervisory audio-visual production specialist, received an Outstanding Performance Rating and a Quality Salary Increase.

Ltjg Walter W. Head, NC, was augmented into the regular Navy.

HM1 Hugh C. Holder reenlisted for 4 years.

Robert G. Johnson was advanced in rate to HM1.

LTJG Michael L. Mitchell, MSC was augmented into the regular Navy.

Ltjg Martha M. Phillips, NC, was augmented into the regular Navy.

HM1 Robert W. Rittmeyer transferred to the Fleet Reserve.

Clinton L. Sexton, electronics technician, received an Outstanding Performance Rating.

Carl Schirmer, illustrator, received an Outstanding Performance Rating.

Earl R. Shappell, education specialist, received an Outstanding Performance Rating, and retired after 28 years of combined military and civilian service.

HMC Anthony A. Skrapits reenlisted for 4 years.

Rosemary B. Spitzen, librarian (biological and medical sciences), received an Outstanding Performance Rating.

HMC Everett M. Staples reenlisted for two years.

NGDS

Elizabeth W. Graeff, technical publications writer-editor, received an Outstanding Performance Rating.

Marion C. Northrup, supervisory technical publications editor, received an Outstanding Performance Rating.

Rose G. Prakas, film librarian (typing), received an Outstanding Performance Rating.

Robert F. Stroud, education specialist, received an Outstanding Performance Rating.

Anne W. Treanor, dental appointment clerk, received an Outstanding Performance Rating.

NSHCA

Ltjg James M. Cooper received the Navy Achievement Medal for his ser-

vices as the Decedent Affairs Officer at the Naval Hospital at Long Beach, California.

HM1 Bernard L. Kline reenlisted for two years.

Lillian T. LaMacchia, clerk-stenographer, received an Outstanding Performance Rating.

Robert L. Patton was advanced in rate to HMC.

HM2 Dale Thatcher received the Good Conduct Medal.

NMRI

Marion L. Albright, biological laboratory technician, received an Outstanding Performance Rating.

Allan M. Chester was advanced in rate to HM2.

Dean A. Dailey was advanced in rate to HM1.

Charles N. Hall was advanced in rate to HM2.

Donald F. Jacobs was advanced in rate to HM2.

Walter C. Jones was advanced in rate to HMC.

Johnny C. Murray was advanced in rate to HM2.

Lee R. Muth was advanced in rate to HM2.

Jennie M. Orent, secretary (stenography), received a Beneficial Suggestion Award.

Samuel A. Pack was advanced in rate to HMC.

Randall D. Saxe was advanced in rate to HM2.

Robert E. Scott was advanced in rate to HM3.

Donald E. Thorne was advanced in rate to HM3.

Carolyn F. Weber, nurse (education and training), received an Outstanding Performance Rating.

NMDSC

Joseph A. Burke III, supervisory statistician, received an Outstanding Performance Rating.

John H. Milburn, computer systems analyst, received an Outstanding Performance Rating.

Linster G. Riggs, computer programmer, received a Quality Salary Increase.

AFRRI

HMC Ernest J. Golightly transferred to the Fleet Reserve.

New car decals

In the near future, the NNMC Security Office will begin issuing the new standard Navy vehicular decal to all authorized personnel who desire to operate or park their privately owned vehicles, including motorcycles, on this reservation.

Yes! All registrants will be required to reregister their vehicles. This change will permit all installations throughout the Department of the Navy to issue a standard decal.

The standard decal is 5 x 3 inches, printed in four color variations.

Significance of colors is as follows:

Blue - Active duty and retired commissioned and warrant officers, and their widows.

Red - Active duty and retired enlisted personnel, and their widows.

Green - Civilian Employees whose official duties create a need, as directed by the Commanding Officer, for their vehicles to be driven on installations other than the activity of issue.

Black - All other civilian employees whose vehicles are authorized on the issuing activity.

Each Center employee, both military and civilian, who registers his vehicle aboard this station will receive two (2) decals: (1) Standard Vehicle Registration Decal (includes effective dates), and (2) Lot Designator Decal. Standard registration decal will be attached to registrants left front bumper. The lot designator will be attached to the left rear bumper. Only Center employees will receive the lot designator decal.

Decals issued to active duty military personnel will remain current for the duration of their tour of duty, or for the duration of their current enlistment, whichever is earlier, plus ninety days. Decals issued to civilian employees and other eligible personnel will be effective for a period of three (3) years.



This voting information booth will be in operation outside the Dining Rooms during the noon meal for a week at a time on several occasions before the election day in November. People manning the booth have registration procedures, dates, and other data at their fingertips for all 50 states and U.S. possessions.

Booth workers will probably have their hands full. Now that 18 year-olds can vote in national elections, many Centerites will be voting for the first time. "One of our biggest problems," say those manning the booth, "is that people don't realize that they have to register before election day. Some states require you to be registered months in advance."

Most states will accept the easy-to-fill-out Federal Post Card Application (FPCA) as the only form needed to register. Plenty are on hand at the booth, so drop by and fill one out.

The week beginning May 22 is the next date for the booth to be in operation.

Warner is new Sec Nav

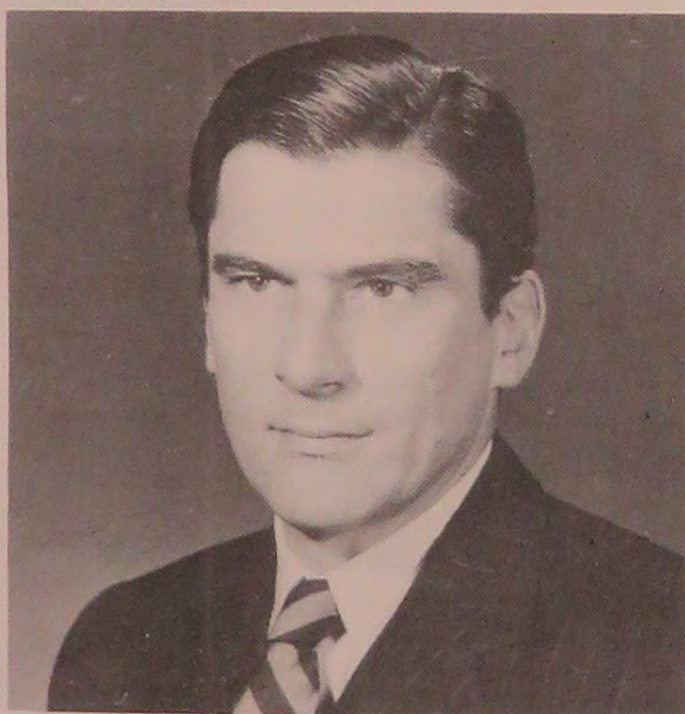
John W. Warner has been sworn in as the new Secretary of the Navy by Secretary of Defense Melvin Laird.

The new secretary, who served as an enlisted man in the Navy during World War Two, and as an officer in the Marine Corps Reserve during the Korean War, told those at the ceremony, "I have been a Sailor; I remain a sailor. I have been a Marine; I remain a Marine. I will do my best."

Mr. Warner was selected by President Nixon to succeed John H. Chafee, who submitted his resignation last month. At the time of Mr. Chafee's resignation, Mr. Warner was serving as the Under Secretary of the Navy.

Warner is the first Navy Secretary to have served in both the Marine Corps and the Navy. He enlisted in the Navy in 1944 and was released from active duty in 1946 as an Electronic Technician Third Class. After having returned to school, he then became an officer in the Marine Corps Reserve. Called to active duty in the 1950, Mr. Warner served as

communications officer for two Marine Air Units in Korea.



Secretary Warner

Twix the lines

Civies OK on Airlines

Service personnel flying at reduced rates on commercial airlines can travel in civilian clothes now. The new policy, set down in a recent Civil Aeronautics Board ruling, affects all personnel on leave or liberty and applies to all domestic U.S. airlines involved in interstate commerce.

Most airlines offering reduced military rates require that personnel provide them with a copy of DD Form 1580; however, a few airlines require only that personnel have a valid active-duty identification card. Personnel planning to fly at reduced rates should check with the appropriate airlines to determine their policies. Copies of DD Form 1580 are available in the personnel office.

Random Drug Tests Coming

The Navy has been directed to establish a systematic random drug abuse testing program for all Navy and Marine Corps personnel on extended active duty by July 1.

Biochemical testing of urine samples is sufficiently sensitive to identify with a high degree of certainty those individuals who, at the time of testing, have in their system, traces of the drugs in question. However, a positive urinalysis test result, per se, does not, repeat not, label an individual as a drug abuser. For individuals who are identified as positive through the biochemical screen, a medical evaluation provides the only means of differentiating among drug dependent individuals, casual drug abusers, legitimate drug users, and false positives. Individuals identified by medical evaluation as positive for drug abuse will be processed under drug rehabilitation procedures.

Positive urinalysis reports will not be recorded in a member's service record, however, positive urinalysis and identified drugs will be documented in the individuals medical record. Additional testing at infrequent intervals, as determined advisable by commanding officers, may be conducted, and subject members should be observed, however, harassment or discrimination is to be clearly avoided.

To preclude undue embarrassment, positive test results will be forwarded via air mail letter for commanding officer's eyes only.

Navy civilians praised

The Navy's civilian employees received high praise from a Admiral Issac Kidd, chief of Naval Material, during his address to the 56th annual convention dinner of the National Association of Superintendents of U.S. Naval Shore Establishments. "There is no finer nor more valuable national asset (than the Navy's blue-collar force)," Admiral Kidd said. Speaking of the Material Command, he emphasized, "Our challenge is clear, we all work to develop a more modern and stronger fleet. But we must accomplish this with dwindling resources. You gentlemen are the only ones that I know of who can bring it off."

Captain Rupnik *(Continued from page 1)*

Then he was chief of surgery at the naval hospital in Quantico, Va., until 1965, when he was transferred to the naval hospital in Portsmouth, Va., also as chief of surgery.

In 1969, he was appointed as Director of the Training and Clinical Services Branch of the Bureau of Medicine and Surgery, where he served until April 1971 when he was ordered here as commanding officer of the Medical School.

**You'll never make a fortune
with Savings Bonds.**

You'll never lose one either.



Did you hear the one about the guy who invested his savings and became a millionaire practically overnight?

We all have.

But for every get-rich scheme that works, what you don't hear about are the thousands of people who invest their nest eggs unwisely and end up with nothing.

That's why so many people look for a safe investment. Yet one that pays. U.S. Savings Bonds are like that.

Now Bonds pay 5-1/2% interest when held to maturity of 5 years, 10 months. So Savings Bonds build your investment quicker than ever before.

The Center is now in the middle of its annual Savings Bond Campaign. Keymen throughout the Center will be contacting employees to give them an opportunity to enroll or increase their enrollment in the easy way to help insure their family's financial security.

You may sign up for as little as \$6.25 per month, or up to as much as you want.

If you haven't been contacted by your keyman yet, ask your command's Deputy Chairman to have someone call on you.

The Deputy Chairmen for this year: LCdr Richard Wentworth, savings bond officer (NNMC); Capt William M. Narva and LCdr Richard DeVault (NH); Ltjg Mike Mitchell (NMS); Ens Ronald Thompson (NGDS); HMC Walter Jones (NMRI); Lt Melvin Anderson (NTU); Lt Norman Oglesby (NSHCA); Mrs. Ethel Link (NMDSC); and Major Taylor (AFRI).



HM3 Bailey 1st woman in Navy Band

The Chief of Naval Personnel has announced the selection of the first female musician in naval history. She is HM3 Evangeline Gearldine Bailey, 23, and she will be assigned to the U.S. Navy Band in Washington, D.C. Spokesmen of the Navy Band describe her as, "Pretty, petite and enormously talented."

Evangeline, a Hospital Corps woman at the Hospital here enlisted in the Navy in September 1971. She comes from a



HM3 Bailey

gospel-singing, music loving family known in Virginia as the Bailey Gospel Singers.

She is the daughter of Mr. and Mrs. William Bailey, III of 1505 Ekstine Drive, Portsmouth, Va. Her father is a retired Navy man with 22 years of service. Evangeline said, "In my family, my father made you sing whether you wanted to or not. It was a way of life."

At five Evangeline was playing piano. At nine, while living with her family in New York, she studied at Steinway Hall. Most of her training has been in the classics and when she enrolled at Norfolk State College in Norfolk, Va., she entered as a voice major with a concentration in classical music, but there were other musical outlets as well. She was a member of the Washington Ford Foundation, a gospel group; a member of the COLLEGIUM MUSICUM, a chorus that sang every type of music; and she also appeared with the "Superlatives," a rock group patterned in the Supremes style. While at Norfolk, Evangeline also appeared as Despina in the Norfolk State Opera Workshop production of Mozart's "Cosi Fan Tutte."

Evangeline is now a rated musician instead of a hospital corpsman. One of the musicians added a parting thought, "Evangeline is just another example of the forward moving, now-thinking NEW WAY."

Rec committee needs ideas

"There are 1000 enlisted men here and if we got only one idea from each of them it would keep us busy for years." This is the hope of HMC James Stuck, chairman of the NNMC Enlisted Recreation Committee.

Chief Stuck says the committee has run out of ideas from the members themselves. "But," he says, "that is not why we are here. We are here to consider the suggestions from all the enlisted personnel on this base, not just our own ideas."

The committee works closely with Special Services, and has been instrumental in arranging for many new services.

Recent additions to Special Services include a bungalow at the Solomons Island Recreation Center, rented all summer for Center personnel; new sports equipment; fishing boats with gas and electric motors; more camping equipment, including lanterns and stoves; more camping trailers, and scheduled fishing trips.

"But all we can do is guess what they want if they don't tell us," Chief Stuck explains. Currently the committee is

considering bike riding clubs, rental bicycles, and card clubs.

Enlisted personnel should contact their representatives and give them their suggestions concerning the Center recreation program. Chief Stuck says they would also like any ideas about how to implement the suggestions.

The enlisted representatives are:

(NNMC) HM2 A.A. McCorkell, and HM3 D.B. Cannon.

(NH) HMC R.J. Steinkamp, HM2 T.D. Bogess, HM3 J. R. Fletcher, and HN D.A. Patrick.

(NMS) HM2 J. Campbell, and HN E.A. Waddell.

(NGDS) DT3 J. Hill, and DN N. Holleman.

(NMRI) DTC James Scheer.

(NSHCA) HM1 R. Patton, and HM2 D.F. Thatcher.

(NTU) HM3 R.A. Angerhoffer.

(AFRI) Pfc J.J. Cicala, and Pfc D.D. Bieksha.

(BuMed) HMC K.E. Stalnaker, member-at-large.

Surgeon General

(Continued from page 3)

approved Family Practice residencies at Pendleton and Pensacola. Long Beach, Charleston and possibly New London look like candidates for extension of this type training."

"An Alcohol Rehabilitation Program is developing and expanding. In my opinion alcoholism in the Navy is more of a problem than Drug Abuse. I expect each of you, when called upon, to fully support this program."

After mentioning problem areas that would be covered in workshops during the three-day conference, the Surgeon General discussed the Dental Corps situation. He announced that the goal of providing topical application of fluoride to the teeth of all active duty personnel has been achieved.

He mentioned the commitment of the Navy to preventive dentistry, then discussed dental facilities. "As a result of the implementation of the Equipment Modernization Program, equipment designed to carry out current concepts of modern practice has been installed in nearly every dental facility in the Naval Establishment. Completely new or extensively modernized facilities have been constructed at 27 shore stations, and 27 new or recommissioned ships have been activated."

He mentioned twelve ways that those present could help improve the Navy's health care delivery system with a minimum of effort, then summed up, "So we have listed multiple issues, and cited many problems, as well as some advances. The whole of medicine in this country is undergoing revolutionary changes.



Mike Ottmar of the Naval Security Station belts one on his way to an 18 hole score of 67 to capture the NNMC Golf Field Day tournament.

Although the tourney was on the Callaway handicap system, Mike didn't need any help. His scratch 67 was one of the lowest scores ever shot on the NNMC course.

Second place in the tourney went to Jim Olson with a 71 (scratch) and third to Robert Hufford with a 72 (6 handicap).

In the 9-hole tourney (scores doubled to figure winners) the top spot went to Clifford Kovarik with a 72 (8 handicap), with Sagat Giron coming in second with a 72 (16 handicap).

An award for closest to the hole on the 9th green went to Richard Newton, with his tee shot stopping 16 inches from the cup.

Slow pitch begins

Intramural slow pitch teams in each league at the end of the first half, will be combined in one league for the second half, and the remaining teams will form the other league.

A record of 15 teams are entered this year in two leagues. The season will be divided into two halves. Teams will play each other twice in the first half and once in the second half. As in the past, the top one hour and fifteen minutes.

SOFTBALL STANDINGS

(As of May 12)

American League			National League		
Team	Won	Lost	Team	Won	Lost
NH	2	0	Residents	0	0
NSHCA	1	0	RIT	1	0
X-Ray	2	1	Photo Lab	*	*
NGDS	1	1	EENT	*	*
PTOT	1	1	N-P	*	*
MSC	1	2	CPL	0	1
NMRI	0	1	Ortho	0	1
Lab	0	2	* Games postponed by rain--no record yet.		

Two hole-in-ones

Two hole-in-ones were shot on the Center links within a week.

On April 30, Michael Spicer, of the Navy Recruiting Command, put it in the cup on the 192-yard Number 5 hole.

Then on May 6, Donald

Ord, of the Defense Intelligence Agency, did the same on the 119-yard 9th hole.

Both golfers will receive an achievement certificate from the Navy and a trophy from NNMC Special Services.

Hospital Corps picnic

The 74th anniversary of the Hospital Corps will be celebrated here on June 10 with a picnic.

Festivities this year will include a nine-hole golf tournament, a slow pitch softball tournament, food and rides.

From 7 a.m. to noon, the golf course will be closed for the tournament. Green fees are free and the tourney is open to the military staff of the NNMC commands only. Anyone wanting to compete in the tournament should call extension 50294 for a starting time. The tournament will use the callaway handicap system.

The 15 teams in the intramural slow pitch league will play for honors in the annual Hospital Corps Anniversary Tournament. Beginning Monday June 5, two games will be played

INTRAMURAL GOLF STANDINGS

Team	Won	Lost
AFRI	2	0
NGDS	2	0
NNMC	1	0
BuMed	1	1
Doctors	1	1
NMRI	1	1
NMS	0	2
Fleet Reserve	0	2
NH	0	2



X-Ray second baseman Constant Withrow tries for a double-play in a practice game before the start of the Intramural Slow Pitch season. Base umpire Joe De Pompa says the first half of the double-play was successful.

Dean Parks to speak at intern graduation

Dr. John Parks, dean of the George Washington University Medical Center in Washington, D.C. will deliver the commencement address at the combined graduation ceremony for interns and residents here on June 30. The ceremony will be held at 3 p.m. in the NNMCA Auditorium.

Residents receiving their certificates will be: Cdr Halbert E. Ashworth, Lt Douglas P. Bolden, Lt Carl G. Bush, LCdr Richard E. Carlson, LCdr Diane J. Colgan, LCdr Gary R. Donshik, Cdr John R. Dooley, LCdr Robert M. Ellsworth, Cdr John M. Foley, and LCdr Mayo D. Gilson.

Also, LCdr Mark N. Goldschmidt, LCdr Robert F. Granatir, LCdr Paul W. Grotenhuis, LCdr Stephen A. Grzenda, Cdr Charles C. Huttula, Cdr Donald J. Jarzynski, Cdr Edward M. Jewusiak, Lt William R. Kendrick Jr., LCdr Robert S. Knapp, Lt Robert J. Koterbay, and Lt Daniel D. Maxwell Jr.

Also, LCdr Robert T. McKinlay, Cdr Wilfred T. Morioka, LCdr Fred R.T. Nelson, Lt Frederic L. Paulsen, LCdr Douglas W. Peterson, LCdr Robert H. Radnich, LCdr Nathaniel R. Robertson, LCdr James L. Romolo, LCdr Frederic G. Sanford, Cdr David W. Shea Jr., LCdr Larry V. Staker, and LCdr Walter V.R. Vieweg Jr.

The graduating Interns are Lieutenants: John W. Arnett, Cecil M. Bourne, Fred C. Brown, Laning R. Davidson, Robert R. Demeo, Richard D. Handy, Earl H. Harley, William J. Hayhurst, William G. Hendrickson, Alan S. Kossow, John W. Lang, and Susan G. Larson.

Also, Gregory R. Mack, Mary A. McCaffree, Alfred L. Moniot, Mark A. Posner, Martin Quigley, Dennison B. Robey, Neal A. Schai, Judy E. Schwartz, Tom H. Shelly, Mason A. Smith, James D. Taggart, and Francis M. Walsh.

The Incoming interns are: Lieutenants: Rollin W. Bearss, Joseph C. Benedict, William K. Bott, William G. Edwards, John J. Flowers Jr., Ralph J. Gemelli, Eugene H. Ginchereau, James J. Goodreau, John E. Hamm, John S. Harris, David S. Hartman, William A. Herndon, Ulf R. Hierlzimmer, Ronald R. Holt, and Ronald D. Jackson.

Also, Roderick S. Kent, Ralph A. Lazaro, Joseph V. Lombardo, Maurice L. McCreary, Robert D. McKay, John W. McReynolds, Richard C. Miller, Barry L. Mullen, John S. Naulty, Peter E. Neilsen, Steven L. Rodis, John W. Seeds, Cary A. Shapoff, Robert B. Sleese, Frank A. Thomas, William J. Thomas, and James P. Ware.



Dean Parks

McKinley selected Sailor of Quarter

HM3 Stephen J. McKinley has been selected as Sailor of the Quarter by the Naval Medical Research Institute.

In presenting the award, Capt Tor Richter, commanding officer of NMRI, said of McKinley, "You are the kind of man that the Navy looks to for its present strength and future excellence."

For 13 months McKinley has been working with a team of investigators in the Parasitology division studying malaria in animals in hopes of developing a vaccine for the disease.

The team developed a procedure to reliably infect laboratory mice with a strain of malaria. Previously there was no way to infect the animals reliably enough to study the life cycle of the malaria strain.

Using their new, extremely complicated method to induce malaria in the mice, the team was able to trace the life cycle of the disease in mice for the first time ever.

Knowing how rodent malaria behaves will aid the team in analyzing human malaria, with the hope of eventually coming up with a vaccine that could prevent malaria through

innoculations, and possibly wipe out malaria as a major health problem.

In commenting on McKinley's work with the team,



HM3 McKinley

Capt Richter praised him for his "persistence and unfailing devotion to the scientific mission of the command."

McKinley joined the Navy in 1968 after receiving an associate degree from St. Thomas Seminary in Bloomfield, Connecticut. He came to NMRI in April 1971 from Laboratory Technician School in Portsmouth, Virginia.

**National
Naval
Medical
Center**

NEWS

Volume 28, Number 6 June, 1972

It's NMTI now

The name is different but the game's the same

The Naval Medical School has a new name. It is now called the Naval Medical Training Institute (NMTI).

The mission of NMTI is the same as before - the only change is the name.

About a year ago the school began seeking the change because "Naval Medical School" did not reflect the actual mission of the command. To most

people, a medical school trains students for an M.D. degree. However the command here primarily trains Hospital Corpsmen in technical subjects, and offers only graduate training for physicians and nurses.

Cdr Robert E. Meyer, administrative officer of NMTI, sums it up, "It is a much more meaningful name."

Capt Tennille to retire - Green new C.O.

Capt. Robert M. Tennille Jr., commanding officer of the Naval School of Health Care Administration, is retiring after more than 37 years of service in the Navy. The new commanding officer of the school will be Capt. William J. Green Jr., who is currently administrative officer of the Naval Hospital at Camp Lejeune, N.C.

A change of command and retirement ceremony will be held at 10 a.m. Wednesday, June 28, in front of the Tower Building. In case of inclement weather the ceremony will be held in the NNMCA Auditorium in Building 2.

Capt. Tennille enlisted in the Navy in 1935. Following recruit training and hospital Corps

School, he served on the USS Lexington. In 1940 he graduated from Pharmacy Technician School.

Having progressed through all of the enlisted ratings by 1943, he was appointed as Warrant Pharmacist, then advanced to Chief Pharmacist the following year. He attended the Hospital Corps Officers' School (now called NSHCA) and was commissioned Ensign in the Hospital Corps in 1945, beginning his climb up the officer promotion ladder.

During his long career, Capt. Tennille has graduated from the Army Management School (1964), and the Inter-Agency Institute for Federal Hospital Administrators (1968). He received his Masters Degree in Business Administration from

Harvard University in 1955.

Over the years his assignments have covered a wide range of duties, including commissioning a naval hospital (Dublin, Georgia) and decommissioning both a hospital (Rodman, Canal Zone) and a hospital ship (USS Refuge). He served as administrative officer in two hospitals (Coco Solo, Canal Zone, and Camp Lejeune).

He served a previous tour at NSHCA as an instructor in financial and supply management. He served in the Bureau of Medicine and Surgery in the Comptroller Division and the Medical Service Corps Division. Before coming to NSHCA as commanding

(Continued on page 3)



Pharmacist Mate Tennille



Chief Tennille



Captain Tennille



Captain Green

Put "fun and zest" back in Navy life

The Navy is taking steps to improve the quality of life in the service, and to increase the responsibilities available to its men and women. Recent CNO directives let senior ranking enlisted men fill certain junior officer billets, and allow junior officers to hold certain at-sea and aviation commands.

The goal is to get the job done efficiently and to let every man know he is a vital member of the team.

The Navy has several programs to help make life more enjoyable for the individual, to restore the "fun and zest" of Navy life. They are recreational programs; ample opportunity for promotion; liberalized swap policies; realistic grooming and uniform policies; legal assistance and financial advice at no cost; liaison offices to deal with personal problems; Family Service Centers; command wife and minority affairs groups. The list goes on and on.

And then there are the really tough times in life, the times when disaster strikes. The Navyman has the resources of the Navy Relief Society, the Navy Federal Credit Union, the American Red Cross, plus liberalized emergency leave opportunities and chances for humanitarian reassignment and discharge.

There are also programs to insure every sailor the

chance of a continuing education. The USAFI Program offers over 6,000 courses. The Navy Tuition Aid Program pays up to 75 percent of a student's tuition while he attends classes part-time at a civilian college or university in his duty area.

The Navy has two main programs to assist the enlisted man on obtaining this "door opened" to opportunity. NESEP (Navy Enlisted Scientific Education Program) offers the student a degree in the scientific field of his choice, and a commission. ADCOP (Associate Degree Completion Program) gives highly motivated career Navy men a chance to obtain associate degrees at one of the many fine junior colleges in the program.

For officers, there is a Postgraduate School. About 80 percent of the Naval officers now receiving postgraduate education are at the Postgraduate School in Monterey, Calif., where the enrollment recently exceeded 1,800 students. The remainder are studying at 52 colleges and universities around the world.

The long list of "extras" offered through the Navy does not stop with the man in uniform. Several of these benefits and privileges are offered to the

serviceman's family, as well.

Along with its dispensaries and hospitals, the Navy has another convenient method of helping its people take care of their medical needs. The Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) is a comprehensive hospital and medical health benefits program whereby eligible persons can obtain treatment at civilian medical facilities, and share the cost of the health care with the Government. The program is quite extensive and includes care for the handicapped and retarded dependents and, in certain cases, dental care treatment.

Besides medical care, other major benefits offered to Navy personnel and their qualified dependents include base exchanges and commissaries. And, of course, for those family vacations, there's 30 days of leave with pay every year.

The Navy takes care of its own from seaman to admiral because each man and woman is an individual of inherent worth and dignity. The Navy ... It's more than ships at sea ... it's informed men and women with equal opportunities for every one of them.

Black History



Surgeon

By Ed Beasley

The first successful open-heart surgery was performed by a black man - Dr. Daniel Hale Williams. Not surprisingly, he had to work his way through school, and in 1883 he graduated from Chicago Medical College.

Young Dr. Williams began to practice medicine, but no hospital in Chicago allowed black doctors to operate; so he founded Provident Hospital in 1891. He also founded the first training school for black nurses.

One day in 1893 a man dying of a stab wound in the chest was rushed into Provident Hospital. Dr. Williams, with six assistants, opened up the man's chest and sewed up a hole in a main artery leading from the exposed beating heart. It created a sensation and this great black man, Dr. Daniel Hale Williams, made history.

Chaplain's Column

Absolute and Anchor

by Chaplain P.R. Pilarski

In his best selling book *Future Shock*, Alvin Toffler, tells us that when too many elements in a society change at the same time the people living in that society can suffer serious mental shock. Men need to know that even though the world is changing very rapidly there are still some absolutes. It is important to have some anchor in our life, something on which we can really depend.

Regardless of these considerations there are countless men and women living today who admit to no such absolutes and whose lives have no central point. Such people wander from job to job and from marriage to marriage without the knowledge of belief that a person called God is able to make their life meaningful.

Toffler admits the needs for some central point in each man's life but concedes the real difficulty of finding it. For the man-believer the only real central point is himself, for in the end he is all that he has. The main message that the believer can carry to modern man is that there is an absolute Truth outside of himself and that this absolute Truth is a person who communicates to him in love.

Leo Tolstoy writes: "Why are you downcast? You are waiting for something too

great - waiting, it seems to me, for God in thunder and storm, and not in stillness. The best of it is that, as you say, you cannot get away anywhere." In this the Land of God is most visible and palpable. You say I do not seem to acknowledge God. This is a misunderstanding. I acknowledge nothing but God. I think I wrote and spoke to you about my definition of God, which I would now give in answer to the question, What is God? God is that All, that infinite All, of which I am conscious of being a part, and therefore all in me is encompassed by God, and I feel Him in everything. And this is not at all a play of words; it is that by which I love...

"When an unsolved question torments one, then one feels oneself to be a diseased member of some whole, healthy body; one feels oneself to be an unsound tooth in a sound body, and asks the whole body to help the one member. The whole body is God; the member is myself."

More than any previous age in history, this present age needs an absolute and an anchor. This world of constant change and of "Future Shock," needs the assurance of God's love, and is ripe for God's message.

Editorial

Color it clean

Clean air, clean water and a cleaner earth is the responsibility of everyone - children and adults alike. We must improve and enhance our environment now for the benefit of our children who will inherit this land.

Bringing the environment message home to our children is an important part of any environment awareness program. It is up to us to teach our children the ravages of air and water pollution and the need to enhance our environment.

To help in this children's awareness program, the Navy Resale System is making available a story coloring book, entitled "The

Environment We Live In." These coloring books will be given out free of charge to authorized customers by the Navy Exchange.

The next time you're at the Exchange-pick up a copy of the coloring book. Then, take the time to go through the book with your children and explain the importance of its message.

By coloring the pictures in the book, the children will learn a story at an early age that will help them in the years ahead. Reading the story to pre-school youngsters will also help them understand the importance of environment enhancement.

NNMC NEWS

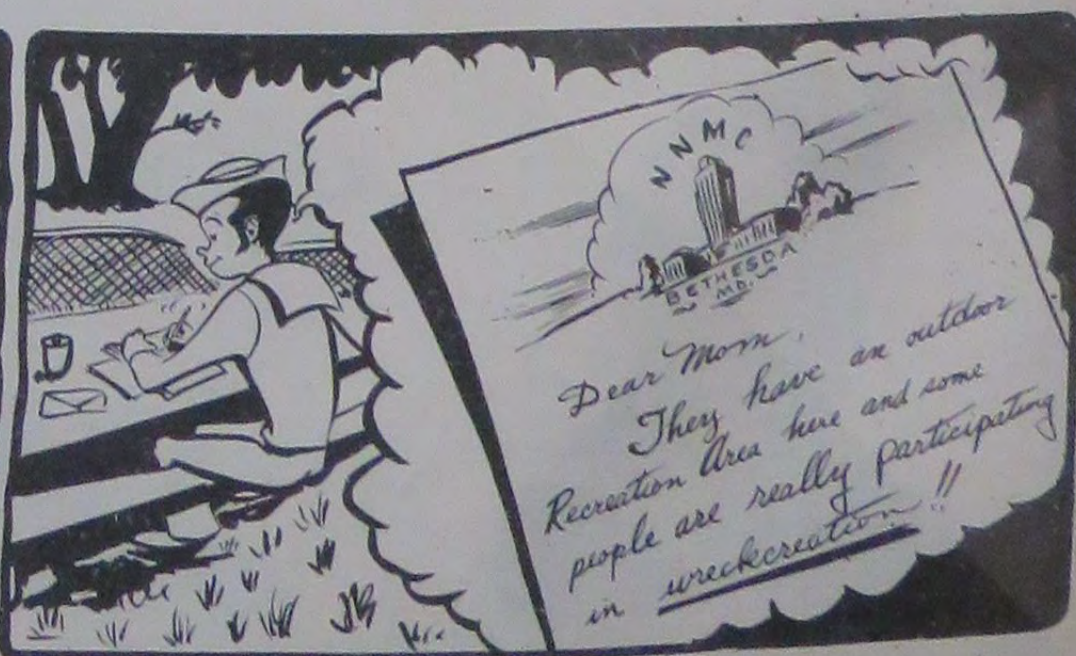
National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER, MC, USN COMMANDING OFFICER
CAPT D.L. CUSTIS, MC, USN DEPUTY C.O.
CAPT F.B. ESSMAN, MSC, USN ADMINISTRATIVE OFFICER

Capt. D.L. Custis, MC, USN C.O., Naval Hospital
Capt. E. J. Rupnik, MC, USN C.O., Naval Medical Training Institute
Capt. W.C. Wohlfarth, DC, USN C.O., Naval Graduate Dental School
Capt. T. Richter, MC, USN C.O., Naval Medical Research Institute
Capt. R.M. Tennille Jr., MSC, USN C.O., Naval School
of Health Care Administration
LCdr. T. Hill, MSC, USN OIC Navy Toxicology Unit

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Medical library adds two services

The Stitt library (2nd floor of Building 1) has added two services for the medical staff here, a MED-LINE computer terminal, and a pair of audiovisual teaching carrels.

The MED-LINE service provides computer speed to search through over 400,000 references to articles in over 1,000 medical journals. Rosemary B. Spitz, reference librarian (Ext. 51184) will be handling requests for searches. The service is available from 10 a.m. to 4 p.m.

Each of the two teaching

carrels has a cassette videotape player and a cassette movie projector.

The library will select programs on current medical topics and rotate the programs as others become available. One videotape available now, "Acupuncture Anaesthesia as Performed in the Peoples Republic of China," shows actual films of major surgery under acupuncture anaesthesia, taken in mainland China by Dr. Samuel Rosen visiting U.S. Professor from Mt. Sinai School of Medicine.

Capt Tennille

(Continued from page 1)

officer in 1968, he was director of the Hospital Administration Division.

Captain Green

Capt. Green also began his career in the enlisted ranks. Enlisting in 1939, he was appointed Chief Pharmacists Mate in 1943. In 1952 he was commissioned Ensign in the Medical Service Corps.

After his commissioning he served as assistant finance officer at Naval Hospital St. Albans, N.Y. (1953), as administrative officer, Able Company, First Medical Battalion, First Marine Division (1953-54), then as finance officer for the Navy Dispensary in Washington, D.C. (1954-58).

From 1958 to 1960 he was an instructor in financial management at NSHCA, then went to the University of Minnesota as a full time graduate student (1960-61).

Capt. Green then served as administrative resident at Naval Hospital, Philadelphia (1961-62) before going to Naval Hospital, Portsmouth, N.H. as administrative officer (1962-66).

He then served as administrative assistant to the Inspector General, Medical, before his present assignment at Camp Lejeune.

He graduated Summa Cum Laude from Georgetown University in 1958, receiving a Bachelor's degree in Business Administration. He received a Masters Degree in Hospital Administration in 1962, from the University of Minnesota.



RAdm Felix P. Ballenger, commanding officer of the Center, prepares to plant a seedling from the Plane tree under which Hippocrates taught medicine 1500 years ago. The seedling was given to Admiral Ballenger a year ago by Dr. Truman Blocker, president of his alma mater, the University of Texas Medical Branch. Dr. Blocker received the tree from another graduate of UTMB who had been to the Greek island of Cos, where the original tree still thrives.

George Stant, left, of Public Works, and his crew, nursed the tree along for a year after Admiral Ballenger hand carried it on the plane from Texas.

"This tree," said Admiral Ballenger, "is a symbol that the Center is here not only to deliver health care, but to work in the forefront of education and research."

Others looking on at the planting are, from left, RAdm David P. Osborne, Capt Paul Kaufman, LCdr D.J. Monarch, Mrs. Mayme Ballenger, Jane Ballenger and Capt William C. Wohlfarth.

Dasler cited for research

LCdr Adolph R. Dasler has been awarded the Navy Commendation Medal for his "superb performance" as head of the Heat Stress Laboratory at the Naval Medical Research Institute.

The lab developed methods to measure and analyze the physiological condition of volunteer test subjects working in conditions of extreme heat and humidity.

Among other things, the research in the lab proved that two of the three indicators used since 1943 to measure heat acclimatization are unreliable and misleading. The citation with the medal credits LCdr Dasler with developing "the most advanced predictive physiological profile for determining the presence and level

of heat acclimatization in trained men."

LCdr Dasler developed a laboratory procedure to train and acclimatize formerly sedentary men, so that their overall physiological performance was superior to well-trained and acclimatized men who were returned immediately from rigorous field duty of one year in Vietnam, and given the same test.

The citation went on, "LCdr Dasler's research findings and recommendations from these tests were invaluable in determining, and helping correct, design features that were incompatible with the physiological safety of men."

LCdr Dasler has been head of the Heat Stress Lab since July 1966.

Four honored at Dental School graduation

The Naval Graduate Dental School recently held graduation exercises for 38 dental officers. Among the graduates were 29 first year level students who will be the first to receive a master of science degree for their studies at NGDS. The George Washington University will award the degree in oral biology.

Special awards were given to four of the graduates. LCdr. Arthur D. de la Ossa received the Commanding Officer's Award for General Excellence. Cdr. John T. Stevens received the Commanding Officer's Award for Excellence in Operative Dentistry. And Cdr. Jack V. Lowman and LCdr. Robert S. Burke were co-winners of the NGDS award for Achievement in Research Methods.

The graduates were:

First year level in general dentistry - LCdr Donald C. Blanchard, Cdr John M. Box, Lt David J. Bruns, LCdr Milton R. Felger, LCdr William E. Greeley, LCdr Robert W. Jack, LCdr Samuel S. Lusk, LCdr Marvin Nissenon, LCdr William W. Roberts, LCdr John F. Sadler Sr., Major William J. Schultheis, Jr., USAF, Cdr John T. Stevens, Lt Clyde K. Wattenbarger, LCdr James F. Whittaker, and LCdr Frank E. Zotter.

First year level in endodontics - LCdr Robert S. Burke, Cdr Jack V. Lowman, LCdr Arthur D. de la Ossa, and LCdr. Roger A. Webster.

First year level in periodontics - Cdr. Richard S. Altman, LCdr. Don E. Siegal, and Cdr. Charles E. Wingard.

First year level in prosthodontics - LCdr. David

A. Andrzejewski, LCdr. Michael T. Cornell, LCdr. Patrick C. Ebert, LCdr. Robert J. Flinton, LCdr Thomas L. Hurst, and LCdr Donald L. Mitchell.

Second year level in endodontics - LCdr Lorenzo S. Vazzana.

Second year level in periodontics - Cdr Kenneth F. Batenhorst, LCdr. Charles H. Julianne, and Cdr Arthur R. Vernino.

Second year level in prosthodontics - LCdr James R. Holtan, LCdr John S. Ostrowski, and LCdr Charles T. Stefl.

Third year level in prosthodontics - Cdr Richard J. Grisius.

Postdoctoral fellowship in preventive dentistry - LCdr John R. Lohr.

Bailey comes home

Evangeline Bailey, the first woman in the Navy Band, returned to the Center with the "Port Authority" to entertain staff and patients. Until a month ago she was a Hospital Corpsman assigned to the wards in the Hospital here.

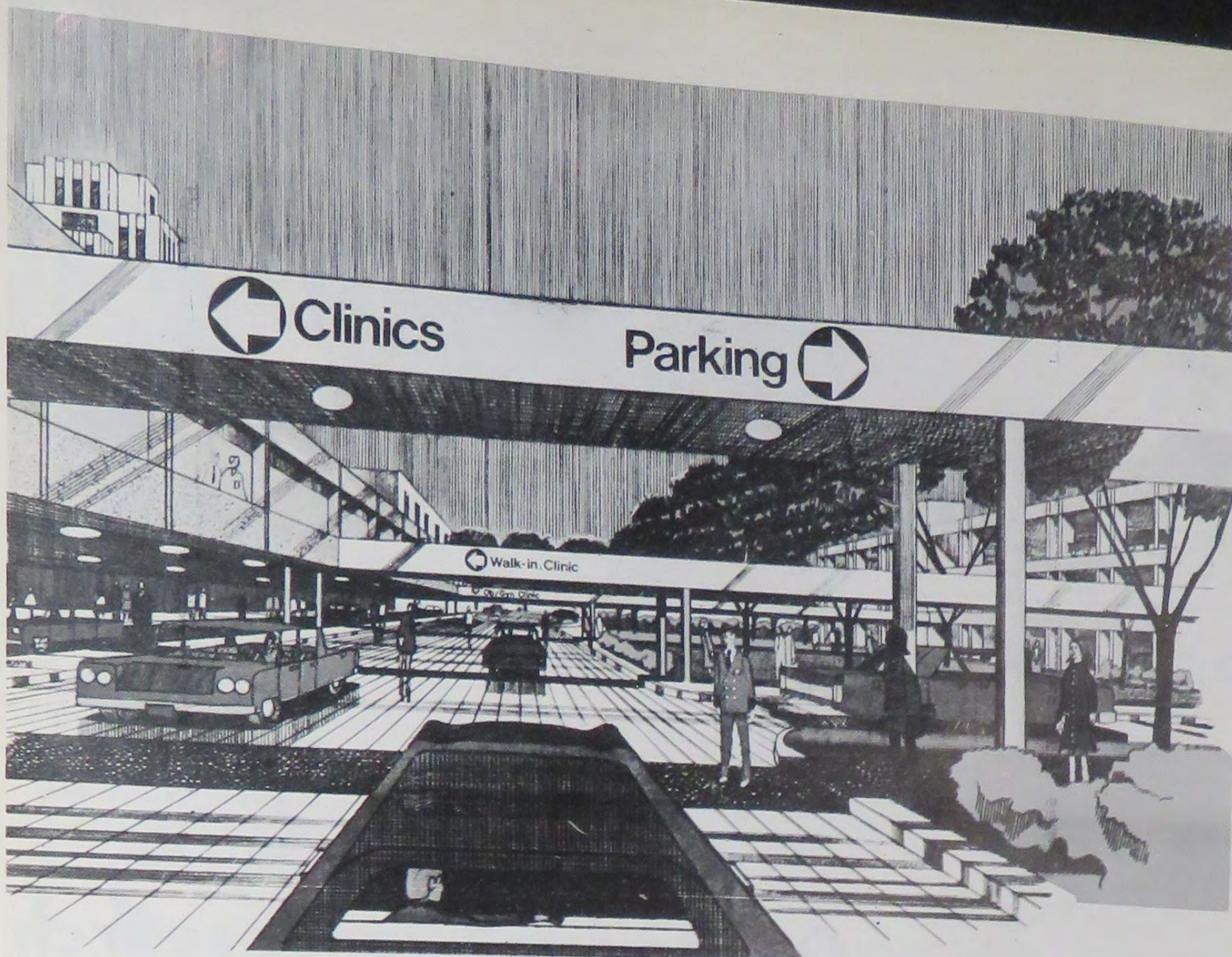
After she auditioned for female vocalist with the Port Authority, it took only three days for the Navy to change her to a musician rating (MU3).

The performance here by the rock group was a preview for their European tour that began two days later.

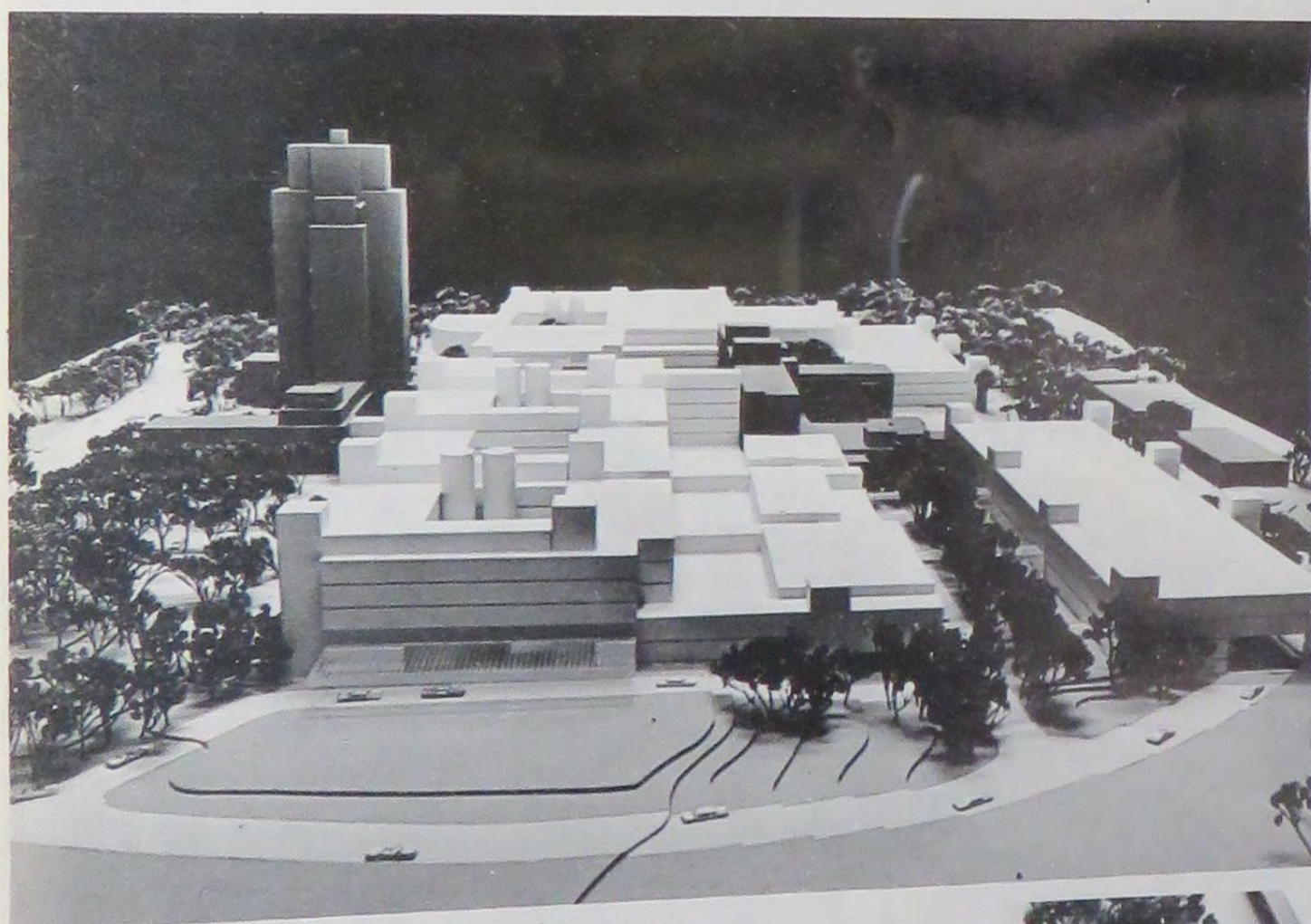
Beginning their show with a number that proclaimed "gonna play some foot stompin' music," they did just that. In fact at one point the electronic array on stage lapsed into silence when the vibrations from the "stompin'" pulled the plug from the socket.

Television crews from three networks came to cover the return engagement of MU3 Bailey.

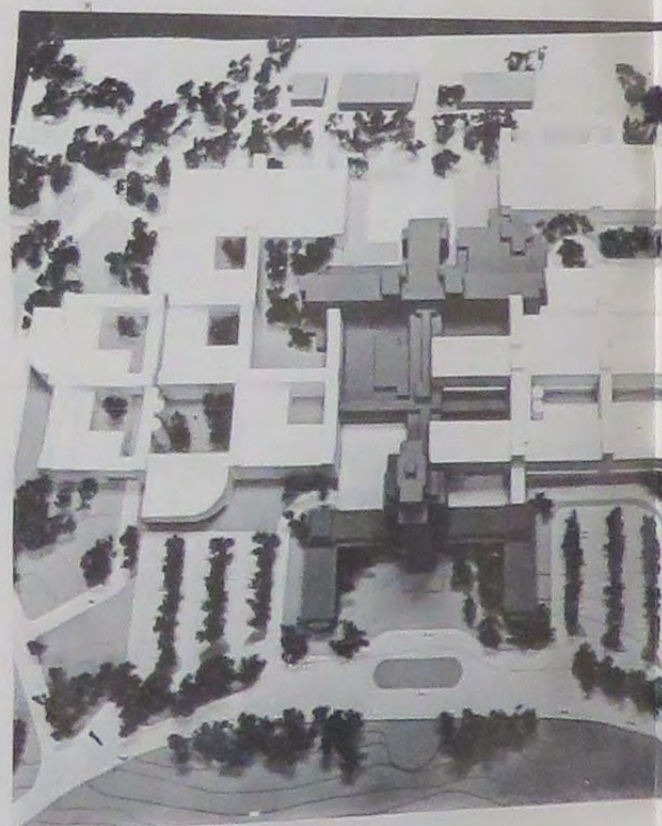




Patients can park in the building by the hospital entrance nearest their destination. Drop off areas are provided for patients in wheelchairs or on crutches.



Patients would use the parking building at the right of the picture. The tree-lined drive between the buildings leads to the drop off areas for wheelchair patients.



Cars are going under the overhang to drop off patients.

The

A study has
RTKL Inc. and
Building complex
The objectives
find the facilities
deficiencies in
Core; to improve
relationships
components of
plans to carry out
The study report
of a new hospital
buildings for other
buildings, re-
functional ones.
parking buildings
of parking spaces
"functional activity
provides for
potential.
Under the
construction of
buildings would
Tower and other
house the Center
Medical Training
Graduate Dental

The tradi-
replaced with
public spaces
providing
patients and
like carpeting
only for
maintenance
actually be-
healing pro-

the future?

recently been completed by developing the Core (Tower ex) of the Center.

ies of the Core Study were: to es needed, and identify any the present design of the nd the best functional of the commands and the Center; and to develop out needed development.

recommends: the construction ospital; remodeling existing ther use; tearing down some eplacing them with more s; and construction of large gs to eliminate the shortage ces. The study defines new ivity zones" in the Core, and r long-term development

proposed plan, after the e new hospital the present ould be remodeled. Then the ver buildings would be used to er Command, the Naval edicine Training Institute, the Naval School of

Health Care Administration, the Naval Medical Data Services Center, and the Tissue Bank of the Naval Medical Research Institute.

Construction would be arranged for a minimum of disruption to the commands.

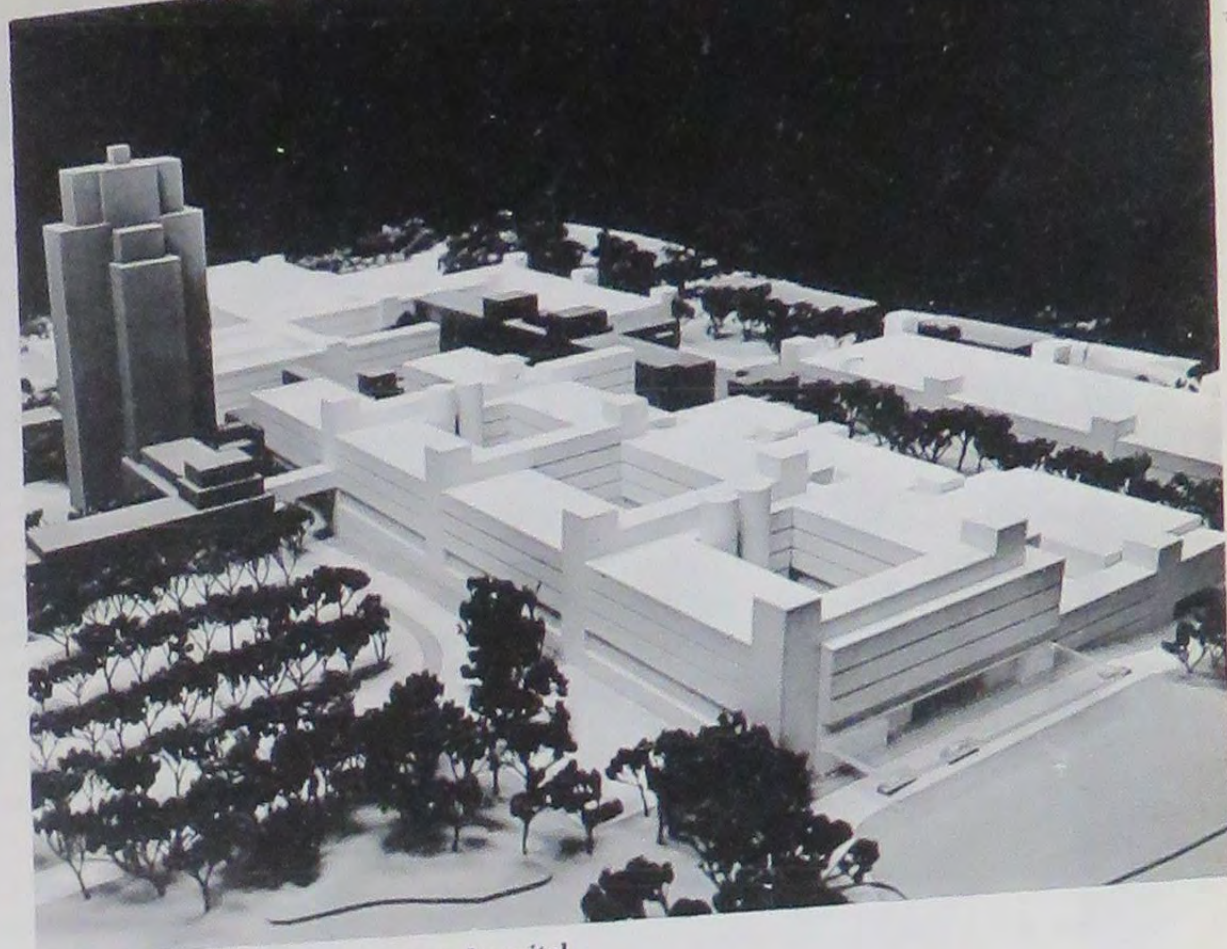
First (Jan. '74), a relocation building would be built between buildings 3 and 5 to house functions displaced by construction. Meanwhile (April '74), the north parking building would be built where temporary buildings 109 and 110 are located.

With the north parking structure completed (April '75), construction on the new hospital could begin.

When the hospital is two-thirds finished (April '77), work will begin on the south parking building where buildings 104, 105, 31, 136, and 137 are.

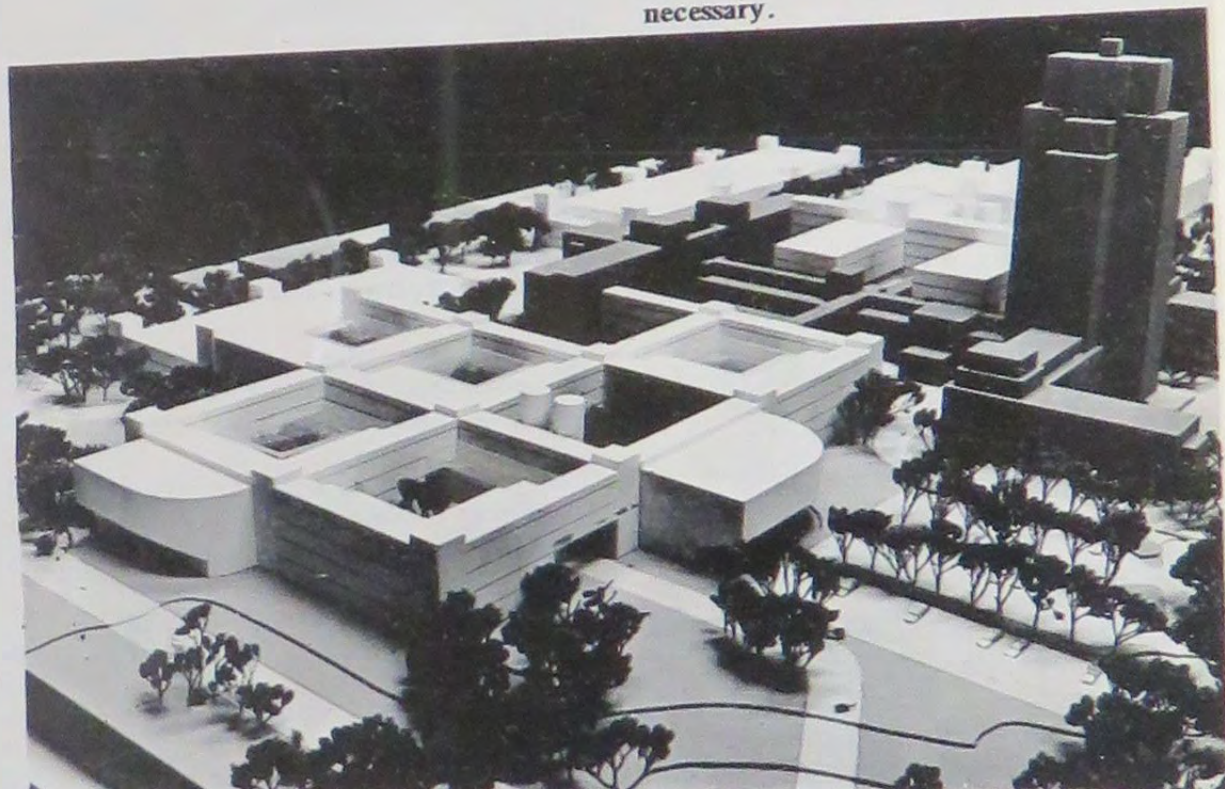
When the hospital and south parking structure are completed (May '78), the Tower building complex will be renovated.

Should the proposed plan thread its way through Navy Channels, then get through Congress successfully, and should construction begin as planned in early 1974, the project would be complete by 1979.



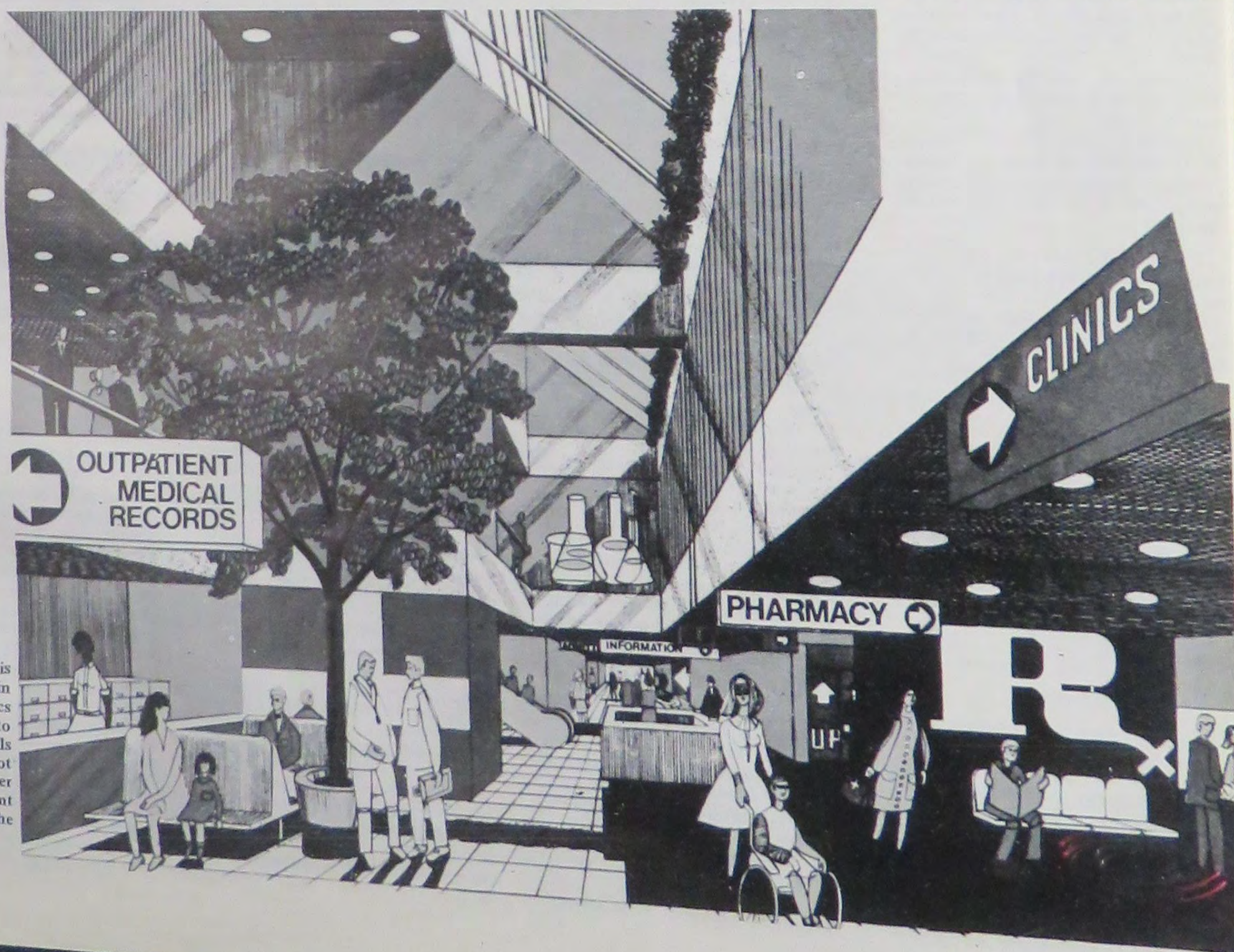
Looking Northeast. The new hospital is in the foreground. Behind the hospital, at right, is the south parking building. The hospital would occupy what is currently Lot "M".

Looking southeast. This is an "educational expansion" complex that could be built after the hospital construction is completed. If built it would house NSHCA, NMTI, and NGDS. If the proposal in Congress for a military medical school is passed, and NNMC is selected to be part of the school, construction of this complex could be necessary.



Photos by

HM1 Denny Garner



The traditional hospital environment is replaced with natural light and plants in places, large colorful graphics orientation and focus to staff. Comfortable materials will replace hospital tile not for lower cost. The environment becomes a positive part of the healing process.

Apply now for MSC

The next examination is coming up for in-service selection for appointment to commissioned status in the Health Care Administration Section of the Medical Service Corps.

Any enlisted personnel desiring to compete in the exam must meet the requirements below, and must apply in writing to their commanding officer before August 1.

To be eligible for the in-service selection program, you must be a member of the regular Navy, serving as a hospital corpsman or dental technician in pay grade E-6 through E-9 at the time of application.

You must be a U.S. citizen.

You must be at least 21 years old and must not have reached your 35th birthday as of July 1 of the year in which appointment can be first made. Women applicants must be at least 21 and under 32 years old at time of appointment. Waivers may be granted to permit exceptional personnel, who exceed the age limits, to apply and be considered for application.

You must be physically qualified. Minor

physical defects, non-organic in nature, may be waived by BuPers upon recommendation of BuMed.

You must have a combined GTC/ARI score of at least 115 and meet one of the following (waivers will not be granted):

- Be a graduate of a full 4 year high school program. OR
- Have completed three years of regular high school plus completion of the fourth by participating in an adult, off-duty education program leading to a diploma. OR
- Have completed three years of regular high school and possess a high school GED score of not lower than the 75th percentile in each of the five test areas. OR
- Have successfully completed 21 semester hours, or equivalent quarter hours, at an accredited college or university with a grade of "C" or better.

Your personnel office has further information on this program, and on programs for appointment to the other sections of the Medical Service Corps.



HMC Philip F. Meek presents a check to RADM Felix P. Ballenger, commanding officer of the Center, to be donated to the Center's 1972 Navy Relief Drive. Chief Meek and HM2 Michael Morell presented the check from the intramural bowling league. The money was left over at the end of the bowling season, and league members decided to donate it to Navy Relief rather than having a party or giving it back to the members. Capt Tor Richter, commanding officer of the Naval Medical Research Institute and Chairman of this year's drive, looks on.

As we go to press, two days (including a pay day) are left in the drive. The contributions so far total \$5545 from all commands.

It's becoming a habit with the Naval School of Health Care Administration, but again this year they reported their drive complete with 100 per cent participation on the first day of the drive.

Personnel in the spotlight

NNMC

Bobby W. Anderson, electrician, received an Outstanding Performance Rating.

Johnnie Lee Briscoe, personnel clerk, received a Quality Salary Increase.

Herbert A. Brown, general helper, received a Sustained Superior Performance Award.

Kathleen P. Crouch, accounts maintenance clerk, received an Outstanding Performance Rating.

Ruth C. Crowley, clerk-typist, received a Quality Salary Increase.

Alfred T. Dronenburg, electrician, received an Outstanding Performance Rating.

Marjorie S. Geisler, stenographer, received a Sustained Superior Performance Award.

Mildred J. Hilliard, janitor, received an Outstanding Performance Rating.

Jerry L. Hollis, modelmaking (general), received a Sustained Superior Performance Award.

Ann S. Isikoff, employee relations assistant, received a Quality Salary Increase.

Upton H. Jackson, janitor, received a Sustained Superior Performance Award.

Samuel B. Jones, janitor, received an Outstanding Performance Rating.

Stanley Jones, laborer, received a Sustained Superior Performance Award.

William F. Myers, pipefitter, received a Sustained Superior Performance Award.

George H. Reifenstein, technical director, received an Outstanding Performance Rating.

William T. Riggelman, carpenter, received a Sustained Superior Performance Award.

Lawrence Springirth, joiner, received a Sustained Superior Performance Award.

Claude A. Swanson, shop planner, received a Sustained Superior Performance Award.

Kelsey C. Thompson, janitor, received an Outstanding Performance Rating.

John T. Tregoning, pipefitter, received a Sustained Superior Performance Award.

Hospital

Joyce E. Aplin was advanced in rate to HN.

Carolyn T. Blauvelt, clerk, received a Quality Salary Increase.

William Y. Buchanan was promoted to Lieutenant Commander, MC.

Lawrence A. Bucklew was promoted to Lieutenant Commander, MC.

Raymond D. Burton was advanced

in rate to HN.

Richard E. Childress, cook, received an Outstanding Performance Rating.

Richard E. Collins was promoted to Lieutenant Commander, MC.

Mazine C. Davidson, military personnel clerk, received an Outstanding Performance Rating.

Douglas D. Dibona was promoted to Lieutenant Commander, MC.

Shannon J. Doyle was advanced in rate to HN.

Alan G. Finesilver was promoted to Lieutenant Commander, MC.

John R. Fletcher was promoted to Commander, MC.

Janet L. Higgins was promoted to Lieutenant (Junior Grade), MSC.

Sybil F. Hindin, clerk, received a Quality Salary Increase.

Ann S. Hoffler, medical technologist, received an Outstanding Performance Rating.

Gary A. Jackson was advanced in rate to HN.

Betty G. Johnson, clinical nurse, received an Outstanding Performance Rating.

Sudie J. Jones, file clerk, received an Outstanding Performance Rating and a Quality Salary Increase.

Kathleen S. Kagan was promoted to Lieutenant Commander, MC.

Joseph A. Kaufman was promoted to Lieutenant Commander, MC.

Edward A. Keller was advanced in rate to HN.

Marcus L. Lawson was advanced in rate to HN.

Gordon R. MacDonald was promoted to Lieutenant Commander, MC.

Vance C. McDonald was advanced in rate to HN.

Doris S. McKay, clinical nurse, received an Outstanding Performance Rating.

Malcolm M. Murdock was promoted to Commander, MC.

Joseph P. Murray was promoted to Lieutenant Commander, MC.

Frederick L. Paulsen was promoted to Lieutenant, MC.

Sylvia W. Porter, file clerk, received a Quality Salary Increase.

Lucille Saunders, janitor, received an Outstanding Performance Rating.

David L. Schwartzfarb was promoted to Lieutenant Commander, MC.

Paula Sevalstad was advanced in rate to HN.

Quentin D. Simeone was advanced in rate to HN.

Cyril F. Strife was promoted to Lieutenant Commander, MC.

Arlene Dale Thomas, electrocardiograph technician, received an Outstanding Performance Rating.

Raul A. Vernal was promoted to Commander, MC.

Helen E. Walker, file clerk,

received a Sustained Superior Performance Award.

Mary A. Webster, patient escort, received a Sustained Superior Performance Award.

Shirley E. Zabrek, secretary, received an Outstanding Performance Rating.

Jack E. Zimmerman was promoted to Commander, MC.

NMTI

Ralph A. Buonomo, electronic technician, received an Outstanding Performance Rating.

HM2 William P. Cahill was selected for the Physicians' Assistant program, and will be going to Sheppard Air Force Base for his first year of training.

HM2 Bill N. Crowell was selected for the Physicians' Assistant program, and will be going to Sheppard Air Force Base for his first year of training.

HM1 Robert B. Dunlap was selected for the Physicians' Assistant program, and will be going to George Washington University for his first year of training.

HM1 Donald C. Evin was selected for the Physicians' Assistant program, and will be going to Sheppard Air Force Base for his first year of training.

Daniel A. Howard was advanced in rate to Hospitalman.

HM1 (SS) George Mara was selected for the Physicians' Assistant program, and will be going to George Washington University for his first year of training.

Louis G. Ousborne, electronic technician, received an Outstanding Performance Rating.

HMC Anthony Skrapitis was selected for the Physicians' Assistant program, and will be going to Sheppard Air Force Base for his first year of training.

HMC (SS) William G. Sweaney has been selected for the Physicians' Assistant program, and will be going to Sheppard Air Force Base for his first year of training.

Carol L. Wills, visual information specialist (stenography), received an Outstanding Performance Rating.

NGDS

Fayne V. Falcone, editorial clerk, received an Outstanding Performance Rating.

Frances C. McKnight, dental correspondence course clerk, received an Outstanding Performance Rating.

Rose G. Prakas, film librarian, received a Quality Salary Increase.

Paul R. Worland was advanced in rate to DTCS.

Dennis E. Stoops was advanced in rate to DT2.

NMRI

Theodor H. Benzinger, former Director of the Bioenergetics Laboratories, received an Issuance of Patent Award.

John D. Boyer, biological laboratory technician, received an Outstanding Performance Rating.

Lt. Richard G. Buckles, MSC, received an Issuance of Patent Award.

John D. Hill, janitor, received an Outstanding Performance Rating.

Elisha Little, Jr., janitor, retired after 25 years of Federal service, all spent at NNMC and in the Department of the Navy.

Jesse L. Staton, animal keeper, retired after 18 years of Federal service, 15 years of it spent at NNMC.

NMDSC

Harry C. Ellsworth, statistical clerk, retired after 30 years of Federal Service, 7 years of it spent at NNMC.

Larry W. Enzinger, computer programmer, received a Quality Salary Increase.

Ruth B. Lee, card punch operator, received a Quality Salary Increase.

Camilla A. Taylor, statistical Assistant, received an Outstanding Performance Rating.

AFRRI

Fred Bernhards received a Length of Service Award for 30 years of Federal service.

SK2 Ronald E. Bowie received the Good Conduct Medal.

Hester Brown received a Quality Salary Increase.

Thomas Doyle received a Length of Service Award for 10 years of Federal service.

Nelson Fleming received a Length of Service Award for 10 years of Federal service.

George Lee received a Length of Service Award for 30 years of Federal service.

Robert J. Rains was advanced in rate to HMC.

George Weiss received a length of Service Award for 30 years of Federal service.

NAVY EXCHANGE

Clifton Brackett received an award for 10 years of Navy Resale System (NRS) Service.

Lawrence A. Brooks received an award for five years of NRS service.

James W. Butler received an award for five years of NRS Service.

Ida Cockshott received an award for five years of NRS service.

Lecie Dixon received an award for five years of NRS service.

Eleanor Eaton received an award for five years of NRS service.

Gladys Forsythe received an award for five years of NRS service.

(Continued on page 7)

Twix the lines

LEGAL CHECKUP MONTH

Have a check-up once a year - by your legal officer.

Tragedies involving naval personnel have created serious legal and financial difficulties for many navy families because the husband did not have an up-to-date will, did not have any will at all, or because he had failed to provide adequately for his family in the event of his death.

In other cases, inattention to present family financial and legal planning has caused problems which distract a man's attention from his duties, resulting in a lowering of efficiency in the performance of his duties and/or neglect of his family responsibilities.

Despite command attention, individual efforts by legal assistance officers, and the existence of a legal assistance program in the Navy since 1943, many Navy men and women still seem to be unaware that qualified Navy lawyers are available to help them with their personal legal problems.

For the above reasons, said Admiral Elmo R. Zumwalt Jr., Chief of Naval Operations, he is starting "Legal Checkup Month" to be held each October.

Legal assistance is available year round but the special month is designated to encourage people to plan ahead in order to prevent problems before they arise.

RETENTION RATE UP

The Navy's drive to retain first-termers is paying off. During March, the first-term retention rate jumped to 38 per cent, a new monthly high. Bureau of Personnel officials are more impressed with the retention rate for the current fiscal year, which they say is a better indicator of the Navy's retention success.

Through the end of March, 23 per cent of the first-term personnel eligible to reenlist this fiscal year, have done so. At this time last year, the retention rate was 16 per cent.

The Navy's goal is to reach a first-term rate of 31 per cent and a career personnel retention rate of 80 per cent.

In the career area, the goal has already been passed, with the current rate at 94 per cent. Among first-termers, the trend of retention has been up for the last three years. The rate for fiscal year 1970 was 10 per cent, the rate for fiscal year 1971 was 17 per cent.

ALCOHOL PROGRAM STARTS

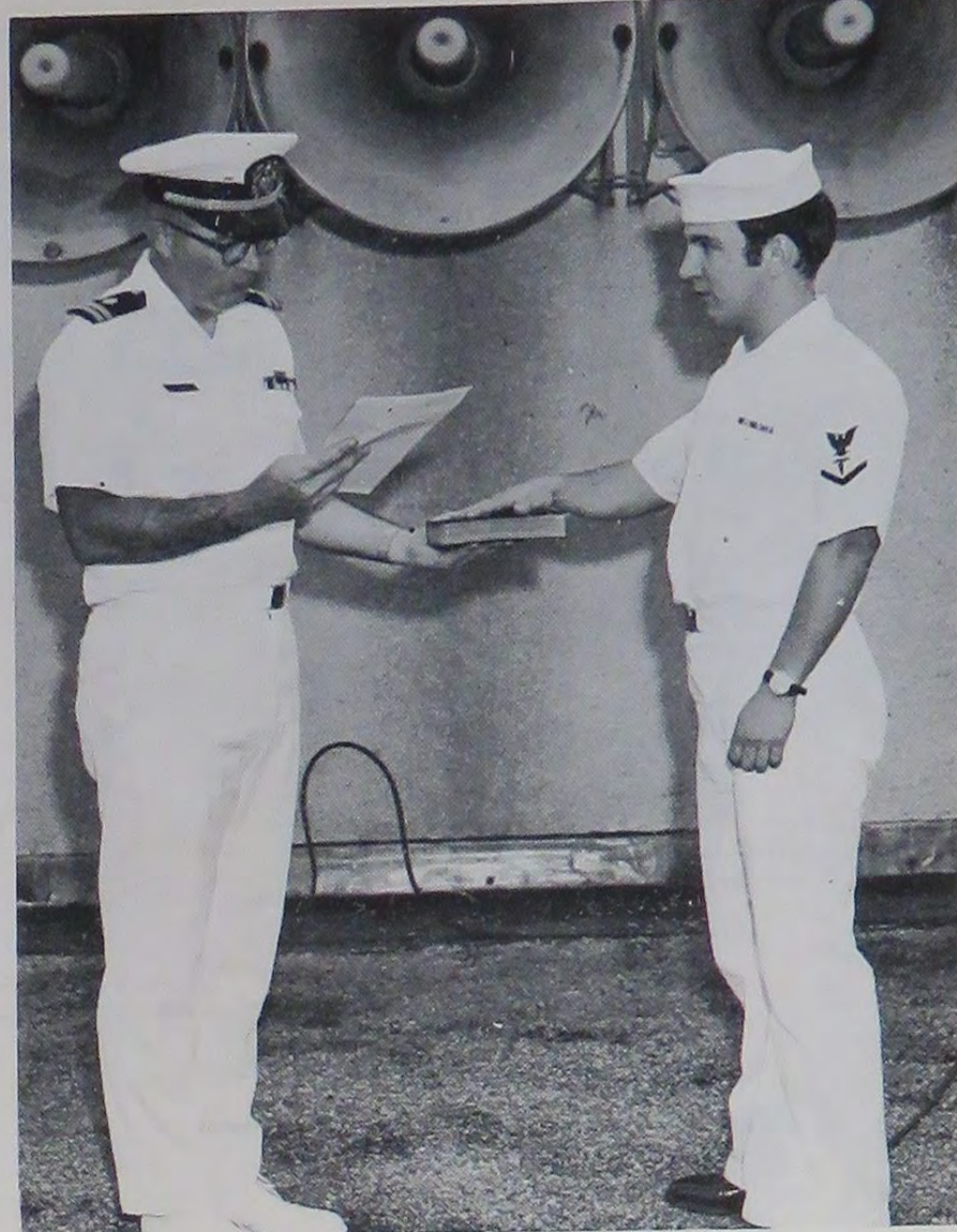
The first alcohol rehabilitation program associated with a naval hospital is underway at the Philadelphia Naval Hospital.

The program will have facilities to treat 10-15 patients at a time, with a recovered alcoholic working as a full-time counselor under the supervision of the hospital's neuropsychiatric department.

By July, the Navy plans to establish similar programs in connection with 14 other naval hospitals in the U.S. They will be another part of the alcohol rehabilitation program which already includes two alcohol rehabilitation centers, and an informal referral network.

The centers, at Long Beach, California, and Little Creek, Virginia, can each handle 70-75 patients. The referral network is composed of recovered alcoholics who have made themselves available to their commands to help their shipmates.

Officials say people interested in serving in the referral network should write to the director of the alcohol abuse program (Bureau of Naval Personnel, Pers-PC-6, Washington, D.C.).



"All I want is a 'simple' ceremony on T-19," said HM3 William C. Jacobs, and that is what he got.

Lt William Ludwig of Center personnel, reenlists Jacobs for six years on T-19 (the roof of the Tower Building).

Jacobs, of Center Operating Services, has been selected for the Navy Enlisted Nursing Education Program (NENEP), and will attend the University of Maryland School of Nursing.

The morning and evening bugle calls here are played on the speakers seen at the top of the picture.



Standard Form 76 - commonly called the Federal Post Card Application, or FPCA - is a postage-free card which military personnel and dependents can use to request registration or an absentee ballot. State laws should be checked on how to use the FPCA. The pamphlet, **Voting Information - 1972**, has the latest information, State by State.

Properly completing the FPCA is an important step in the process of registering or obtaining an absentee ballot. Shown here is a sample of a properly completed FPCA (front and back views), along with some suggestions on how to prepare the FPCA for a State's primary election.

Item (2): For the General election in Novem-

ber, do **not** mark in this box.

Item (5): Make the address as complete as possible. It will help election officials to determine which ballots to send.

Item (6): See chart, page 6. Persons not registered can request registration forms as indicated.

Item (7): **Any** address, official or otherwise, may be used. Use the best current mailing address.

Item (9): Sign name here, in the presence of the person who attests to the signature.

Item (11): Some states do not require notarization; those that do are indicated in the **Voting Information - 1972** pamphlet. However, it is suggested that the FPCA be notarized by a commissioned officer.

(YOUR CURRENT ADDRESS) FILL OUT BOTH SIDES OF THE CARD

OFFICIAL MAILING ADDRESS

FREE OF U.S. POSTAGE INCLUDING AIR MAIL

OFFICIAL ELECTION BALLOTING MATERIAL—VIA AIR MAIL

ADDRESS OF ELECTION OFFICIAL AT YOUR VOTING RESIDENCE

To: (TITLE OF ELECTION OFFICIAL)

(COUNTY OR TOWNSHIP)

(CITY OR TOWN, STATE, ZIP CODE)

Standard Form 76
Revised 1968
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In completing the card above, the applicant's current address (top left), and the address of the election official at the voting residence (lower right), must be filled in. See **Voting Information - 1972**, or the legal of-

fice on T-18.

Other hints: type or print legibly, use permanent ink and be sure to fill in the FPCA completely, on both sides.

FILL OUT BOTH SIDES OF CARD

POST CARD APPLICATION FOR ABSENTEE BALLOT

State or Commonwealth of **NORTH CAROLINA**
(Fill in name of State or Commonwealth)

(1) I hereby request an absentee ballot to vote in the coming election:
(GENERAL) (PRIMARY)* (SPECIAL) ELECTION.
(Strike out inapplicable words)

(2) *If a ballot is requested for a primary election, print your political party affiliation or preference in this box:
(If primary election is secret in your State, do not answer)

(3) I am a citizen of the United States, eligible to vote in above State, and am:
a. A member of the Armed Forces of the United States ☒
b. A member of the merchant marine of the United States ☐
c. A citizen of the United States temporarily residing outside of the territorial limits of the United States and the District of Columbia ☐
d. A spouse or dependent of a person listed in (a), or (b) above ☐
e. A spouse or dependent residing with or accompanying a person described in (c) above ☐

(4) I was born on **14 DECEMBER 1945**
(Day) (Month) (Year)

(5) For **10** years preceding the above election my home (not military) residence in the above State has been **3161 LAMOND PLACE, ALLISON**
(Street and number of rural route, etc.)
in the county or parish of **JOHNSON**
The voting precinct or election district for this residence is **ST. SWITHIN'S**
(Enter if known)

(6) Remarks **SEND REGISTRATION FORMS.**

(7) Mail my ballot to the following official address:
For those assigned in the U.S.:
(YOUR CURRENT ADDRESS)
(Unit (Co., Sq., Trp., Bn., etc.), Governmental Agency, or Office)
(Military Base, Station, Camp, Post, Ship, Airfield, etc.)
For those assigned elsewhere:
(APO, or FPO number)

(8) I am NOT requesting a ballot from any other State and am not voting in any other manner in this election, except by absentee process, and have not voted and do not intend to vote in this election at any other address.

(9) **(YOUR SIGNATURE)**
(Signature of person requesting ballot)

(10) **(YOUR NAME, RANK OR RATE, & SSAN)**
(Full name, typed or printed, with rank or grade, and service number)

(11) Subscribed and sworn to before me on _____
(Day, month, and year)
(Signature of official administering oath) (Typed or printed name of official administering oath)
(Title or rank, service number, and organization of administering official)

INSTRUCTIONS

A. Before filling out this form see your voting officer in regard to the voting laws of your State and absentee registration and voting procedure.

B. Type or print all entries except signatures. FILL OUT BOTH SIDES OF CARD.

C. Address card to proper State official. Your voting officer or commanding officer will furnish you his title and address.

D. Mail card as soon as your State will accept your application.

E. NO postage is required for the card.

U.S. GOVERNMENT PRINTING OFFICE: 1968-O-340-457 # 32-J

Spotlight

(Continued from page 6)

Lillian Gaskins received an award for 20 years of NRS service.

LaMar Hannie received an award for five years of NRS service.

Cora Harding received an award for five years of NRS service.

Sadie Johnson received an award for five years of NRS service.

Maebelle Joshway received an award for five years of NRS service.

Claire Marciniac received an award for five years of NRS service.

Walter McCrickard received an award for five years of NRS service.

Paul J. Metcalf retired from the NRS after 13 years of service.

Richard Reigle received an award for 15 years of NRS service.

Bessie R. Scott received an award for five years of NRS service.

Gregory Segrette received an award for 25 years of NRS service.

Doris A. Taylor received an award for five years of NRS service.

Minnie Tippins received an award for ten years of NRS service.

James R. Watson received an award for five years of NRS service.

James Webb received an award for five years of NRS service.

Odell Wood received an award for five years of NRS service.



Hospital takes honors in anniversary tourney

The Naval Hospital softball team squeaked by NMRI to capture the Hospital Corps Anniversary Tournament trophy.

NMRI was scoreless into the sixth inning with the Hospital having three runs on the scoreboard. Then the NMRI batters started connecting, scoring two runs before the Hospital could put down the attack.

The Hospital managed to hold on to their 3-2 lead through the final inning to avenge last year's loss to NMRI in the championship game.

The game was also a personal triumph for Hospital team captain, Les Swafford. Playing slowpitch here for three years, Les has always been with the second place team - until now.

His first year was with the Marine Liaison team which lost the big one to NMRI. The next year he played for the Hospital team which also finished second to NMRI.

SOFTBALL STANDINGS

American League			National League		
Team	Won	Lost	Team	Won	Lost
NH	8	0	NP	6	0
NMRI	5	3	Residents	5	1
NGDS	4	2	Photo Lab	4	1
X-Ray	4	3	Ortho	2	4
Lab	2	4	RIT	2	3
PT-OT	2	5	EENT	1	5
MSC	1	5	CPL	0	6
NSHCA	1	5			

Johnson outlasts John to capture tennis crown

"Tremendously long" matches marked the recent NNMC Tennis tournament according to tournament director Bob Salembier.

The final match had to be halted because of darkness with the score five-all in the third set. The match was completed the following morning with Don Johnson finally beating Dave John (6-3, 7-9, 11-9).

Last year's tourney winner, Charles Gaudry, lost to John (6-1, 6-2) in the semi-finals, and finished in third place. Salembier said that Gaudry could not handle John's powerful serve and net game.

In the first round of the tour-

ney Robert Cornell defeated Philip Dean (6-0, 6-1), William Hendrickson beat Hilary Ouzts (6-3, 6-40 and Dave Styer downed Don Thorn (6-2, 6-3).

In the second round Don Johnson beat Dean (6-1, 6-2), Ray Johnson beat James Plock (6-0, 6-0), John Hallenbeck beat John Reuenberg 6-0, 6-0), John beat Charles Haynie (6-3, 6-2), Dave Hammond beat Hendrickson (6-0, 6-1), Doug Chandler beat Dave Bailey (3-5, 5-6) when Bailey could not return on the following day to finish the match, Gaudry beat Styer (6-2, 6-0) and Joel Spiegler beat Alan Finesilver (6-1, 7-5).

In the third round, Don

Johnson defeated Spiegler by default. Ray Johnson beat Hallenbeck (6-4, 6-2), John beat Hammond (6-8, 7-5, 6-0) and Gaudry beat Chandler (6-2, 6-0).

In the fourth round Don Johnson beat Ray Johnson (6-1, 6-40), then John beat Gaudry. Gaudry defeated Ray Johnson (6-4, 6-3) to take third place.

In the doubles semi-finals, Don Johnson and Dave John beat Bob Salembier and Frank Billingsley (6-4, 6-2) and John Hallenbeck and Dave Hammond beat Ray Johnson and Gaudry (6-4, 7-50).

In the finals Johnson and Johns beat Hallenbeck and Hammond (3-6, 6-3, 6-4).

The Center's out in force

SOFTBALL

Many Centerites will be competing in upcoming Naval District Washington Centests.

Four Center teams are entered in the Intramural Slow Pitch tournament to be held at Annacostia July 17-21.

The Hospital, NMRI, and NGDS teams will compete, as well as an NNMC All-Star team composed of players from the other teams in the NNMC league.

It will be a double elimination tournament, with

the winners going to a regional contest. Winners at the regional level will compete in an All-Navy tourney, where winners go on to play in an inter-service competition.

This is the first year that slow pitch play has gone beyond the district level. However, NMRI did take second place in an East Coast invitational tournament last year after winning the NDW tourney.

TENNIS

Seven Centerites will play in the NDW Tennis matches to be

held June 26-30 at the Hains Point courts in Washington, D.C.

Entered in the Varsity tourney are Bob Salembier, William Trott, and Michael Bilger. Winners of the Varsity matches will go on to the North Atlantic Regionals.

Charles Gaudry will team up with Ray Johnson, and Dave Hammond will join John Hallenbeck to play doubles in the Intramural matches. All four will also play in the singles matches.

CERA picnic to be July 23

The Civilian Employees Recreation Association has announced the details for its third annual picnic.

It will be held from 1 p.m. to 5 p.m. on July 23 at the Stone Lake recreation area.

Included in the admission price will be balloons, and lollipops for the kids given out by jolly clowns, also hamburgers, hot dogs, ice cream, Pepsi, and beer.

Jorgenson wins golf tourney

Eyvind V. Jorgenson took first place in the 9-hole Hospital Corps Anniversary Golf tournament with a score of 70 under the Calloway system. The nine hole scores are doubled to determine the winners.

Roy D. Johnson took second with a 72 (36 scratch). Sagat Giron was third with a handicap 72, and J. Davenport was fourth with a handicap 72.

There will be a grab bag for mothers, ten door prizes, and lots of games for both children and adults. The door prizes are: \$25 worth of groceries; \$10 worth of groceries; two prizes of 20 gallons of gasoline; and six surprise prizes.

Admission price will be: For members; \$1.50 for adults, 75¢ for children under 12 and \$5.00 family; for non-members; \$2 for adults, \$1 for children under 12, and \$6 for a family.

Call Bertha Gorman (51226) for ticket information.



Larry Doonan, third baseman for the Photo Lab team, waits in vain for the throw to nail a runner for N-P. N-P won the game, giving Photo Lab its only defeat so far this season in league play.

New books in Crew's Library

NONFICTION

The Life of Benjamin Banneker: S. BEDINI. 1972.
Penquin Companion to English Literature: D. DAICHES. Reference work in the history of literature. 1971.

War Game: C. GRANT. 1971

White Use of Blacks in America: D. LACY, 350 years of law and violence, attitudes and etiquette, politics and change. 1972.

Hindenburg: M. MOONEY. German airships. 1972

NEW YORK TIMES ENCYCLOPECIA ALMANAC. 1972

Dividends from Space: F. ORDWAY. 1972

Those Damned Rebels: M. PEARSON, U.S. history of revolution. 1972.

Megastates of America: N. PEIRCE, People, politics, and power in ten great states. 1972.

The Young Die Quietly: W. SEYMOUR, The narcotics problem in America. 1972.

Grand Prix Year: T. Simon, Automobile racing. 1972.

Cold War and Counterrevolution: R. WALTON, The Foreign Policy of John F. Kennedy. 1972.

FICTION

Voyage to the First of December, H. CARLISLE. A dramatic story of the 1842 mutiny aboard the U.S. Brig of War, "Somers" which resulted in the hanging of the son of President Tyler's Secretary of War. 1972.

Friends of Eddie Coyle, G. HIGGINS, The life style, professional morality of a small-time hoodlum and his hoodlum friends are vividly portrayed in this very readable novel. 1972.

Mohday the Rabbi Took Off: H. KEMELMAN, David Small makes a private exodus to Israel and finds himself in the thick of a frightening incident involving Arab militants. 1972.

Nixon Recession Caper, R. MALONEY, a novel: A happy tale of social downlift when four executives, out of recession of desperation, decide to rob a bank and get away with it. 1972.

Glory, V. NABOKOV, A comedy of manners filled with the themes we associate with Nabokov - the romance of emigres, sexual frustration, and the nostalgia of youth. 1972.



Capt Wohlfarth

Capt Wohlfarth is leaving his second tour here at the Center, the first began in 1945 when he became head of the crown and bridge division of the prosthodontics department of the Dental School. In his second assignment here, beginning August 1967, he was Executive Officer of the School for ten months, then was appointed commanding officer.

During his tour here as CO the name of the school was changed from the Naval

(Continued on page 8)

RAdm Hagerman new Dental School CO

On August 4, RAdm Wade H. Hagerman Jr. assumed command of the Naval Graduate Dental School, relieving Capt William C. Wohlfarth Jr. who is being assigned to duty at the Bureau of Medicine and Surgery.

RAdm Hagerman comes to the Center from the Naval Dental Clinic, Marine Corps Base, Camp Pendleton, California, where he served as commanding officer since April.

While other commanding officers of the Dental School have been selected and appointed to flag rank, and then remained at the School for short periods, Dr. Hagerman is the First Dental Corps admiral ordered here for duty as CO of the Dental School.



RAdm Hagerman

RAdm Hagerman received his doctorate from the University of Louisville School of Dentistry in Louisville, Ky., and was immediately ordered to active duty at the Naval Training Center, Camp Peary, Va. He then served aboard the USS Steamer Bay (CVE-87), and at the Submarine Base, Pearl Harbor. In June 1947 he was released to inactive duty and entered private practice at Matewan, West Virginia.

Returning to the Navy in August 1950,
(Continued on page 8)

38 Civilians retire

In June 38 civilians retired from Federal Service, many to take advantage of a 4.8 per cent cost-of-living increase that will be added to retirement checks of everyone retiring before July 1.

Together the retirees have worked for the federal government for over 990 years, and have worked for the Center for 751 of them.

Three employees - Thomas E. Thomas, Robert E. Coleman, and William H. Otey - have been at the Center since it opened 30 years ago.

In a ceremony for the

retirees, RAdm Felix P. Ballenger, commanding officer of the Center, pointed out the high quality of the employees that were leaving. Of the 38 retirees, 33 have received performance awards for their excellent work. Eight have received citations for accumulating over 1000 hours of unused sick leave, and one, Thelma P. Robinson, accumulated over 2000 hours.

Ten of the retirees had Beneficial Suggestions adopted, including Richard E. Floyd who had 11, and Ralph H. Pridgen

(Continued on page 2)

National Naval Medical Center

NEWS

Volume 28, Number 7

July, 1972

SG gets medal here

VAdm George M. Davis, surgeon general of the Navy, was awarded the Distinguished Service Medal by the President of the United States, for his "exceptionally meritorious service to the Government of the United States in a duty of great responsibility."

The medal, which is the third highest award that can be given by the United States, was presented to Admiral Davis by the Honorable John W. Warner, Secretary of the Navy, in ceremonies here.

Admiral Davis, who is responsible for providing high-quality medical care to over two and one-half million active duty and retired Navy and Marine Corps personnel and their families, requested that the presentation ceremonies be held here so that he could receive the medal in a patient care facility.

The citation with the medal said of Admiral Davis, "His innovative and farsighted management of the Medical Department resulted in numerous significant improvements to the health-care delivery system of the Navy."

"Vice-Admiral Davis directed an active program of constructing new medical facilities and refurbishing others to insure that they were capable of providing the broad range of services required by the increasingly complex practice of naval medicine. He provided additional educational and training programs for the Navy's health-care personnel and directed the establishment of a Physician's Assistant Program to provide the additional training to selected members of the Hospital Corps that

will allow them to assume many of the more routine patient-care responsibilities.

"Foremost among the improvements accomplished under Vice Admiral Davis' command

(Continued on page 3)

Hospital medical service headed by RAdm Jacoby

RAdm William J. Jacoby Jr. has been appointed as Chairman of the Department of Medicine and Director of Training and Research for the Hospital here. He is the first Navy physician holding flag rank to serve in a clinical position.

RAdm Jacoby is not new to the Center, having been here as a resident in cardiovascular disease in 1957-'58, and then serving on the staff until 1959.

He comes to the Center from the Naval Hospital Philadelphia where he served since 1969 as chief of the medicine and clinical investigation services.

Originally enlisting in the Navy in 1943, he went through recruit training and Hospital Corps School, then served as a corpsman at Naval Hospital Charleston, S.C.

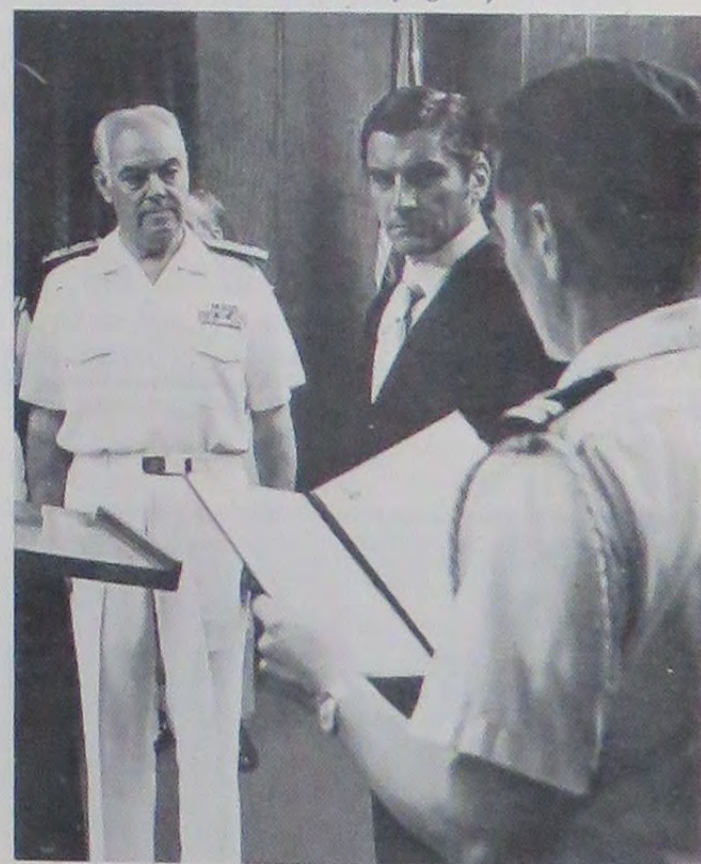
In 1944 he was selected to go to pre-medical school at Emory University in Georgia under the Navy V-12 program. He left this program in 1945 but continued at Emory, receiving his bachelor's degree in 1946.

He received his M.D. degree in 1950 from Jefferson Medical College in Philadelphia. After serving his internship and a year

(Continued on page 8)



RAdm Felix P. Ballenger, commanding officer of the Center, left, welcomes RAdm Jacoby to the Center by presenting him with a personal two-star flag.



VAdm Davis, left, listens as the citation with the medal is read. The medal was presented by the Honorable John W. Warner, center.

MSC's celebrate 25th

The Navy Medical Service Corps will celebrate its 25th Anniversary on August 4.

The Corps was founded by the Army-Navy Medical Service Corps Act of 1947. This legislation was the result of bills introduced to the House and Senate by both the Army and the Navy some six months apart.

In the Navy's case two different bills were introduced. The first was "To establish the commissioned grade of Medical Administrator in the Hospital Corps of the Navy and for other purposes;" the second bill was, "To establish the Medical Associate Sciences Corps in the Medical Corps of the Navy." Congress

combined these two bills with the single bill introduced by the Army into the single Act of 1947, which became Public Law 337 of the 80th Congress.

Prior to the passage of this legislation, the Hospital Corps had been authorized a limited number of warrant and commissioned warrant officers as a result of the Congressional Act of 1898 that established the Hospital Corps, and by subsequent revisions to this Act.

During World War I, 81 of these officers had been given temporary appointments to the grade of lieutenant in the Medical Corps, but

(Continued on page 2)

Editorial

Sports coverage

Complaints have been heard around the Center regarding the sports coverage in the NNMC "News." Many of the loudest, and most critical, come from the participants in the sports programs.

The criticism is usually that sports coverage is incomplete or even non-existent.

The critics are right!

Many stories contain only sketchy information.

Many sports events go unreported.

The reason for this undesirable situation is simple - we cannot write about what we do not know about. The "News" has a very limited staff, and cannot have someone at all the softball games, tennis games, golf matches and the multitude of other sports activities here.

The only way we can find out what happened at these games is if the players let us know. So far this softball season, not one player or coach has contacted the News to tell us what is happening.

Last year the championship NMRI team was well covered in these pages.

Why?

Because the NMRI coach kept detailed records of his team's games, and then kept the "News" informed.

The production schedule of the paper also affects our coverage. It is a week to ten days between the time the last story is set in type, and the time the paper is distributed on base.

In order to keep the information as up to date as possible the sports page is the last one put together each month. In some cases the last sports story is being written only minutes before the paper is sent to the printer.

Because of this late deadline, when it is time to put together the sports page, we cannot wait a couple of days, or even a couple of hours, for a coach to return a call with needed information.

It all boils down to this - if you win a tennis tournament, let us know - if your team beats another team, let us know - if you shoot a hole-in-one let us know. Because if we do not know, we cannot write about it. And we DO want to write about it.

Chaplain's Column

Prayer delivered by Chaplain John D. Vincer, U.S. Navy, before the House of Representatives assembled Tuesday, 25 July 1972.

Almighty God, who has given us this good land for our heritage, bless the people of the United States with your abiding presence. Bless those assembled here in Congress who represent them. May they realize the strength of your love and the support of their respective constituencies. Enliven them with your eternal Spirit that awake to your command they may be kept from complacency, self concern and fear of new ways. Inspire their minds with the vision of a nation made beautiful and righteous in service to one another and to you, our God. Renew in all our nation's people a feeling for community, that every one of us may be a steward of the heritage of our common humanity and grow in the way which you have consecrated for us. It is with grateful hearts we pray our prayer this day Amen.

Editorial

That Old Saying Obsolete

The 26th Amendment to the Constitution did away with the saying, "Old enough to fight, but not old enough to vote!"

As responsible citizens, servicemen and service women aged 18 to 21, as well as their civilian counterparts, can now vote for the candidate of their choice in state and national elections.

The effect of younger voters was felt in last November's elections when two 19-year-olds were elected mayor, an 18-year-old was selected to a school board, and others under 21 were elected to city council seats. Also, new voters played a significant role in a number of other elections involving older candidates.

If you are one of the many who plan to vote for the first time this year, and are not fully aware of what important issues your vote will effect, read on:

Law and Order—Uprise in crime, threat to civil liberties (freedom of the press, wire-tapping, riot control), organization of the Supreme Court.

Pollution—Environmental control and population problems.

Foreign Policy—Armament race, test-ban treaties, war in South-east Asia, US troops in Europe, US commitments to NATO and SEATO, reversion to an all-volunteer military.

These are just a few of the major issues in the up-coming election. You owe it to yourself and to your country to register to vote, and to cast your ballot. See your unit voting officer for more detailed information.

Navy offers travel

If you travel commercially when on leave or liberty, you may be interested to know that almost all air carriers will offer you a 50 per cent discount off the price of a regular ticket if you wish to travel in standby status. Standby fare is limited to U.S. flag air carriers for travel within the continental United States, Hawaii, Puerto Rico, Alaska and return to the continental United States.

As a Navyman on active duty, you are also eligible for military reservation fares which give you a reserved seat at a savings of about one-third of the regular ticket price. However, many airlines do not permit travel under this plan during weekends and holidays.

Yet another opportunity is space available travel at no cost aboard aircraft of the Military Airlift Command (MAC), Navy and Air Force Reserve, and Air National Guard, plus other aircraft. As a rule, these passengers are

accommodated on a first-come, first-served basis. However, most military flights will give priority to men on emergency leave.

If travel by land is more to your liking, you may purchase a reduced "furlough fare" offered by many railroads. The price is about 50 percent less than full fare. Reduced fares for military travelers, once offered by major bus lines have, for the most part, been ended.

In view of the overwhelming success of the pilot program conducted during past Christmas seasons, the Navy has scheduled a continuing program of arranging charter air transportation for dependents who wish to join their active duty sponsors in overseas areas for brief holidays during periods of deployment.

If you would like more details on the various travel opportunities available, you should check with the Personnel Office.

Retirees

(Continued from page 1)

who had seven. "Many people think that we just have a hospital here," said RAdm Ballenger, "but all of the occupations and professions of these people are an indication of all the things that go on at the Center."

One retiree, Irving Cook, has had many varied contacts with the Center. He was here as an X-Ray student when he was in

the Navy, and returned here as a staff instructor a couple of years later. He was a patient in the hospital at one time, and retired from the Navy here. He had three children born here, his mother was a patient here, and died here. He worked here as a civilian, and now has retired here again, this time as a civilian.

For the names of all the retirees, see the Spotlight column on Page 6.

NNMC NEWS

National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER, MC, USN COMMANDING OFFICER
CAPT D.L. CUSTIS, MC, USN DEPUTY C.O.
CAPT F.B. ESSMAN, MSC, USN ADMINISTRATIVE OFFICER

Capt. D.L. Custis, MC, USN C.O., Naval Hospital
Capt. E. J. Rupnik, MC, USN C.O., Naval Medical Training Institute
Capt. W.C. Wohlfarth, DC, USN C.O., Naval Graduate Dental School
Capt. T. Richter, MC, USN C.O., Naval Medical Research Institute
Capt. William J. Green, USN C.O., Naval School
of Health Care Administration
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MSC anniversary

(Continued from page 1)

all, with the exception of three who held degrees in medicine, were reverted to their former status after the war. These officers were specifically limited to duties involving medical administration.

During World War II temporary commissions were again offered but this time they included skilled pharmacists, optometrists and scientists, as well as medical administrators. In 1945 the officer strength of the Hospital Corps reached a peak of almost 3000 warrant, commissioned warrant, and commissioned officers.

The 1947 Act that established the Navy Medical Service Corps has been changed somewhat in the intervening years. Originally the Corps had three sections - a Pharmacy, a Supply and Administration Section, an Optometry Section, and a Medical Allied Sciences Section.

Since then a separate Pharmacy Section has been established and two new sections - the Medical Specialist Section and the Podiatry Section - have been authorized by the Secretary of the Navy. In addition a 1954 change authorized a Chief of the Medical Service Corps to serve for a term of four years. The current Chief of the Corps is Capt Emmett L. VanLandingham Jr.

In 1956 the original Act was further amended to authorize command of appropriate facilities of the Medical Department for Medical

Service Corps officers. The Corps currently has five commanding officers and six officers-in-charge.

The authorized strength of the Corps has also been changed; originally it was 20-percent of the regular Navy strength of the Medical Corps; today it is 13/1000 of one percent of the active duty strength of the Navy and Marine Corps, including the midshipmen at the Academy.

The original permanent commissioned strength of the Medical Service Corps was 255 officers, ranging in rank from the grade of ensign thru lieutenant commander. Today there are more than 1600 officers on active duty, including 75 women, serving in all the officer grades thru captain.

They represent a wide variety of academic disciplines - ranging from research and the allied sciences to hospital administration and management. Medical Service Corps officers serve ashore and afloat, on the staffs of major fleet commanders and with the Marines, and with the district commandants.

In the 25 years since the Corps was established they have earned a reputation for effective management and support of the many programs designed to meet the Medical Departments' increased responsibilities of providing the best possible health care to the men and women of the Navy and Marine Corps and their families.



Novak 1st HM of Quarter for Training Institute

HM2 John F. Novak III has been selected as the first person to be honored as Corpsman of the Quarter for the Naval Medical Training Institute (NMTI). Novak began his reign as Corpsman of the Quarter, and was advanced to second class, both on July 1.

At NMTI since February, Novak is assigned to the Finance Liaison Office where he has demonstrated "exceptional organizational ability" according to Capt Edward J. Rupnik, commanding officer of NMTI.

In a letter of commendation to Novak, Capt Rupnik said, "In maintaining command storage areas, you have shown the ability to take thorough remedial measures to improve such spaces."

Conducting a complete inventory, Novak "displayed expert judgment in categorizing items to be surveyed and items of potential value to be retained." He was cited for "particular fortitude" in cleaning and organizing building 140 "under most adverse conditions."

Because of Novak's performance, Capt Rupnik said, "Your attitude is certainly one of 'Can Do' and 'Will Do,' which has a very positive effect on the morale of all those who work with you ... You have always displayed cooperation, unique politeness, and a pleasant personality ..."

Novak came to the Center in April, 1971, after graduating from Hospital Corps School. He was assigned to ward duty in the Hospital until February.

He joined the Navy after receiving a bachelors degree from Illinois State University. He is a member of the American Chemical Society.

Novak said that he did not have sufficient time in the Navy to be eligible for the Physician's Assistant Program this year, but he hopes to be selected next year.



HM2 Novak



DTCM Vernon R. Burke passes on his badge and the responsibility of the office of Senior Enlisted Advisor to DTCS Daniel O'Connor. The occasion was a retirement ceremony and personnel inspection held at the Naval Graduate Dental School to honor DTCM Burke who retired on June 30, after 30 years of naval service.

During the ceremony, he received the Navy Achievement Medal for his exceptional professional ability, initiative, and loyal dedication to duty while serving as Senior Enlisted Advisor.

He also received a Letter of Commendation from the School's Commanding Officer, Capt W.C. Wohlfarth, Jr., and a Letter of Appreciation from RADM E.C. Raffetto, Assistant Chief of the Bureau of Medicine and Surgery for Dentistry, and Chief of the Dental Division.

DTCM Burke has accepted a position with Litton Dental Products, Laurel, Md.

Belly Board award to radiologist

LCdr Robert H. Magen was presented the fourth annual Belly Board Award. He is the first radiologist to receive the award. The three previous awards went to surgeons.

The award, presented to Dr. Magen by Capt William M. Lukash, head of the Gastroenterology Clinic and Research Branch, goes each year to the person who has made the most significant contribution to teaching and research programs in gastroenterology in the Hospital here.

According to Capt Lukash, since Dr. Magen has been here as a staff radiologist, he has been particularly interested in gastrointestinal radiology. "He showed this by actively participating in the weekly Belly Board conferences," said Capt Lukash.

At the Belly Board conferences, moderated by Cdr Raymond B. Johnson, difficult cases are presented, both as a teaching device, and to get

clinical recommendations from various consulting specialties.

This year the award was presented during a two-day gastroenterology symposium conducted by the gastroenterology clinic and the surgical service of the Hospital here.

The program for the symposium included active teaching rounds, the Belly Board meeting, sessions on clinical subjects, and a Grand Rounds presentation by Dr. Joseph B. Kirshner, professor of medicine, chief of staff, and deputy dean of the University of Chicago Medical School. Dr. Kirshner's topic was the "Immunologic Aspects of Inflammatory Bowel Disease."

Other participants were: Dr. Judson C. Randolph, surgeon and chief at the Children's Hospital in Washington, D.C.; and Dr. J. Richard Thistlethwaite, associate clinical professor of surgery at The George Washington University.

Dr. Parks' last speech

John Parks, M.D., dean of The George Washington University Medical Center in Washington, D.C., talked deliberately and pressed the button changing the slides projected on the huge screen behind him.

Interns and residents listened to the soft voice as it took them on a journey through the history of medicine and on into a future dominated with electronic wizardry to aid physicians.

As they listened politely to the tall man on the stage, few present realized that the man talking had come from a hospital bed where he had been recovering from a heart attack suffered only a week before. He had spent long hours in that bed preparing the speech.

Arriving at the rotunda of the Tower building here, Dr. Parks had declined an offered wheel chair, and seemed to have gained strength from the nearness of the upcoming address.

Dr. Parks delivered his speech and smiled warmly at the applause from the graduates and friends.

Five days later, Dr. Parks suffered another heart attack, this one was fatal.

Dr. Parks had worked closely with people here at the Center for many years. The association has been fruitful for people in the Navy Medical Department. Agreements between the Center and the University provide college credits and college degrees for people completing Navy Education programs.

It was because of his long association with the Center that Dean Parks made his great effort to address the graduates here. Marion Corddry, public relations officer for GWU said, "He wanted to make that speech more than anything else in the world."

VAdm Davis

(Continued from page 1)

as the Surgeon General was the establishment of the first Naval Regional Medical Center, a program of regionalizing medical resources that has proved to be, in the Tidewater, Virginia, area, an overwhelming success and one that will be established in other areas

where there is a high concentration of Navy and Marine Corps personnel."

Admiral Davis has served as surgeon general since February 1969. Prior to that he served as commanding officer of the Center here. He has also served as commanding officer of the Hospital here ('65 to '68).

Capt Tennille cited

At his retirement ceremony, Capt. Robert M. Tennille Jr. was presented with the Legion of Merit for his services as commanding officer of the Naval School of Health Care Administration. Capt Tennille was CO of the School from September 1968 until last month.

The citation with the award, signed for the President by the Honorable John W. Warner, secretary of the Navy, read, "By skillfully blending his managerial talent with his perceptive knowledge of health care administration, Capt. Tennille solidly established his command as a valuable resource for the continuing education of the Navy Medical Department. Under his excellent leadership, the Health Care Administration program of the School was continuously updated to reflect contemporary issues in the field, both within the Navy and in the private sector.

"His efforts resulted in the

establishment at the School of baccalaureate degree in health care administration to be awarded by The George Washington University, one of the few degrees of its kind in the entire nation. Captain Tennille ably directed efforts which culminated in centralizing indoctrination and orientation programs at the School for all officers newly commissioned in the Navy Medical Service Corps.

"He served with distinction as the Surgeon General's representative to the Interagency Committee on Training and Education of Federal Health Care Executives. As the Chairman of the Committee he focused his leadership to a reorganization of the educational programs that stands as an effective model for the continuing improvement of management skills in the Federal Health Services."



The new Shop Stewards for American Federation of Government Employees (AFGE) Local 361 take time out from a training session to pose for a group picture. The training session is the first one to be held here in recent years. At the session, the stewards learned the rules and regulations governing their new positions.

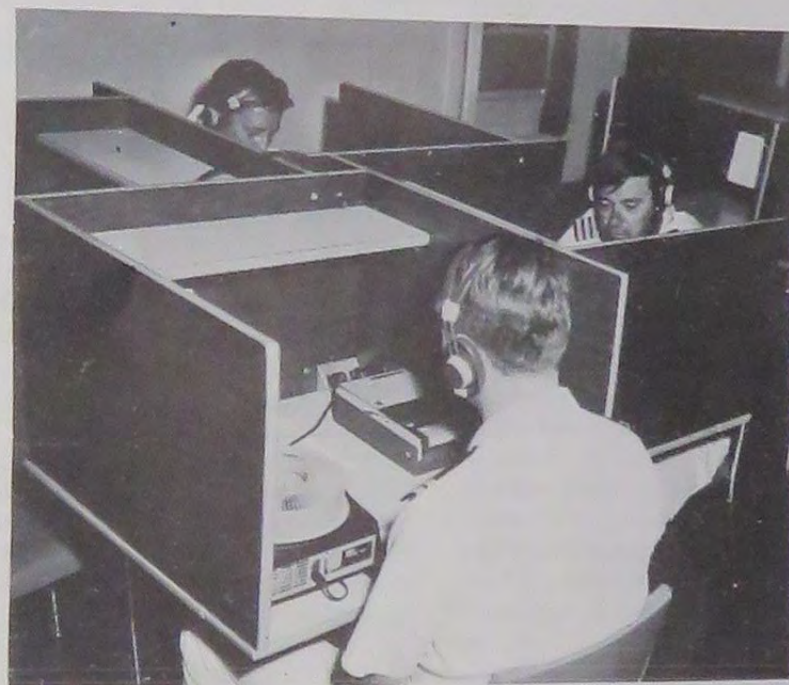
The new stewards are: front row from left, Raleigh Jackson, Watson Prather, Muriel Woodson, Emma Hamilton, James Baldwin, and Lawrence Springirth.

Second row, Don MacIntyre (instructor for the session) AFGE National Representative; Marshall Luckett; RADM Felix P. Ballenger, commanding officer of the Center; George Green; Willa Rivers; William Taylor; Sylvia W. Porter; Leigh Hackley; and Willie Ferguson.



(Above) Ray Oswald, head of the Dental School photo lab, photographs models, illustrations, charts, and other visual aids, then reduces them onto slide film for use in the teaching packages.

Students use the learning carrels. When the teaching packages are complete, they are filed at the "Independent Learning Center." Students go there, get the program they want to see, then take it to one of the "carrels," or booths. There, with projector, recorder, and headphones, they can study the program at their own rate. In addition to these slide carrels, the Center has cartridge movie carrels, and a room set up for small group (4-5 people) study.



"I'd rather do it myself"

The old commercial proclaiming "I'd rather do it myself," points out the main idea of the latest teaching method being used at the Naval Graduate Dental School—"Individualized instruction."

Instructors have long known that students learn at different rates. This, coupled with the number of students rising, and technology constantly adding to the amount a student must learn, has made instructors seek ways to pack more learning into less time.

Educators have come up with individualized instruction. Under this concept, in a normal lecture the instructor will say, "Tomorrow we will discuss 'X'." This is covered in program '1234' in the Learning Center." Then each student, at his own convenience, will go to the Learning Center, check out program 1234, and study the next day's subject.

This way instructors can spend valuable class time explaining fine points about the subject, rather than just dishing out basic facts. "We are cutting down on lecture time and using it for seminars," explains Ens Ron Thompson, assistant head of the Educational Resources Department.

Anytime a student wishes to review a

subject he can go to the Learning Center and check out the program again.

The Dental School here encourages all of its instructors to get their presentations made into teaching packages by the Learning Resources Division (LRD).

When the instructor goes to the LRD he is asked to define the objectives of the program as specifically as possible. For example, "This program will teach a dentist how to 'X'." Then a script is written to accomplish the objective.

When the script is edited and polished, the LRD staff work with the instructor to determine what "visuals" will aid in understanding the subject. All of the visuals are made into 35mm slides.

When all of the visuals are ready, a tape recording is made of the script. Impulses are put on the tape to automatically change the slide projector at the correct time.

Additional copies of the package are made if necessary, and then filed in the Learning Center located near the Dental School Library.

The programs now being made at the school use 35mm slides and a cassette tape player. Eventually the school hopes to make movies and videotapes when they are more

appropriate.

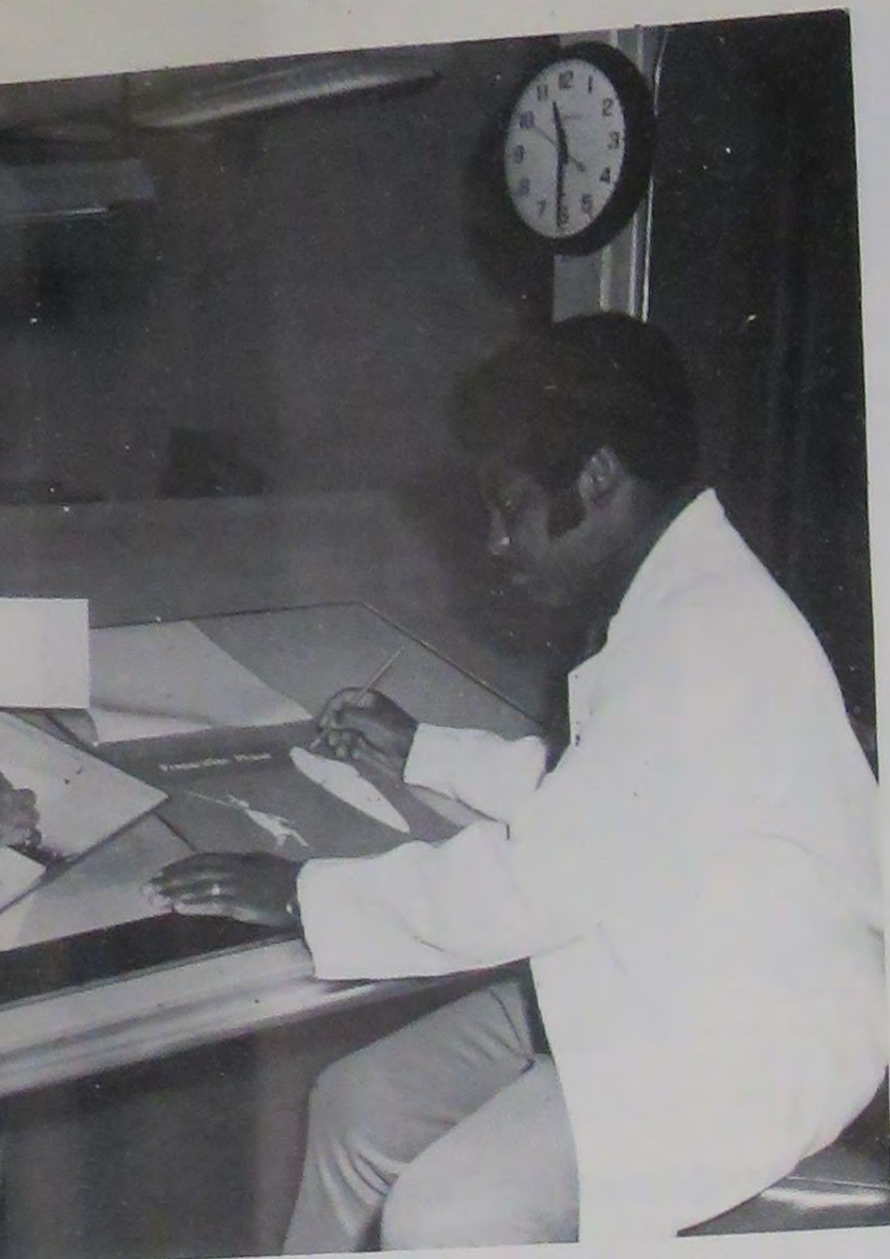
Programs can also be sent out to other facilities for use. Many programs are produced commercially and appropriate ones are bought by the LRD and added to the ones produced locally.

Currently the LRD is working on 12 programs, and 30 more are already planned. All of these programs are for graduate dental officer training.

The LRD grew out of a reorganization of the old Audio-visual Department of the school. The new Educational Resources Department now includes the LRD, and the Publication Division. The correspondence course program, the library, and all audiovisual services come under the LRD.

Dr. Ernest F. Moreland, of the University of Maryland Dental School in Baltimore, is a pioneer in individualized instruction, and is serving as consultant to the staff here. The program at NGDS is patterned after Dr. Moreland's program at Maryland.

In a paper published in the *Journal of Dental Education* (May '72) Dr. Moreland said, "The (Md. U.) Center has been open for less than a year, but the impact on the teaching program has been remarkable."



(Left) Mr. Stroud and Ernie Walker, illustrator, discuss a sketch of an illustration needed for a new program. If no slide is available, or if (as in many cases) it is impossible to take a photograph to explain a concept or procedure, Mr. Walker creates an illustration depicting the necessary information.

(Below) Rose Prakas media librarian, selects slides from the master file at the Dental School. Instructors can draw on over 55,000 slides to illustrate their program. If a slide needed is not available in the files, the instructor may take his own photograph, or have the Dental School photo lab take one.



(Below) Robert Stroud, chief of the Learning Resources Division of the Dental School, discusses a new teaching package with Ens Ron Thompson, assistant head of the Educational Resources Department, and Cdr. Samuel Holroyd, head of the department. The teaching unit is outlined on cards, then illustrations to be used are sketched alongside the notes on the cards. The cards for the new unit are put on a "story board" so that the entire unit can be seen at once. Using the story board, the instructors can easily add, subtract, or rearrange the unit as needed.

wald





Bishop W. Melvin Jr. (second from left), motor vehicle operator foreman, and James P. Key (second from right), mobile equipment dispatcher, received letters of appreciation from RADm Felix P. Ballenger, commanding officer of the Center, for their efforts in coordinating the transportation for the Surgeon General's Conference held here.

Also in the picture are: from left, Lt. Steve T. Leubecker, assistant head of Public Works; LCdr D. J. Monarch, head of Public Works (who presented the letters); and Edward A. Beall, automotive mechanic foreman.

Mr. Key has recently accepted a supervisory position at the Naval Ordnance Laboratory in White Oak. "He moved on and up," said Mr. Leubecker, "he was an outstanding employee."

LCdr Bowers takes helm of local reserve division

LCdr Ron Bowers has relieved Cdr Robert Laubach as commanding officer of Naval Reserve Division 5-43(s).

Previously serving as liaison officer with the group command staff, LCdr Bowers has been with this division since 1959 except for a short period he spent with another division. Originally entering the reserves as a hospital corpsman third class in 1954, he made chief in 1961 and received a direct commission in the reserves in 1962.

"Definitive contributory support" to the Hospital is the goal of the division according to LCdr Bowers. "The active force has a shortage of manpower," he said, "and we should, and we must, help wherever possible. The challenge is right here at the Center."

Currently, members of Division 5-43 come here on the third Saturday of each month, and are assigned to various areas of the Center. The division is made up of Medical Service Corps officers, nurses, hospital corpsmen, and dental technicians.

LCdr Bowers hopes to arrange the scheduling of reservists so that they may be

more flexible in their support. Eventually he hopes to be able to have reservists here on any Saturday or Sunday during the month whenever they are needed most.



LCdr Bowers, right, listens as Cdr Laubach reads his orders.

NMTI editor gets two awards

Mrs. Elsie C. Yuen recently received two professional awards for a publication she edited.

A technical writer-editor for the Naval Medical Training Institute, she received the Award of Distinction in the Manuals/Handbook category of the 1972 Washington, D.C. chapter of the Society for Technical Communication (STC) publication contest. She also received an honorable mention in the Handbook, Popular or Technical publication (one color), category of the Federal Editors Association Blue Pencil Award contest.

The book that won the awards, "Fundamentals of Radiologic Technology," is now

used as the basic textbook in the X-Ray Technician course at NMTI.

"It was an editor's delight," says Mrs. Yuen. "I had talented people in Medical Photography, Medical Illustration, and in the X-Ray department, all helping in a joint effort."

Mrs. Yuen has been at NMTI since 1967 but this is only the second time she has entered a contest. "The first one was a disaster," she recalls. "I can't believe I entered it."

Since the Award of Distinction she won in the STC local contest is one of the top six awards, the book will go on to the national competition at Houston in May, 1973.

Since winning the awards Mrs. Yuen has transferred to the media department of NMTI as a writer-editor.



Mrs. Yuen

60 students here for summer

Sixty students are working here for the summer under two programs.

Under the Summer Aid Program, 50 students hired on the basis of economic need to continue their education, are here getting on-the-job training, and are participating in a cultural, educational, and recreational program. The Summer Aids will hear speakers on careers in medicine, and the civil service, and will take several field trips.

The other students working here for the summer competed in the Summer Employment Examination given by the Civil Service Commission. They are working as nursing assistants, clerk typists, science aids, and mail clerks.

The Summer Aids are: (NNMC) Howard Williams, Arthur Keeling, and Gary Smith, Laundry; Jesse Miller, Julius DeBose, Seth Green, Oliver Clark, Joseph Price, Donald Shines, Raphael Divers, and Steve Thompson, Housekeeping; Cynthia Hart, Rita Guimond, and Verleen Walters, Personnel; Nadine Edmonds, Marie Bryant, and Karen Kendrick, Comptroller; Belinda Riggs, Cedric Welsh, John Pharr, Gregory Deal, and Ken Douglass, Special Services; Michael Woods, Douglas Washington, Gregory Mathis, and Reginald Jeter, Supply.

(Hospital) Brenda Jefferson, Radiology; Sharon Sansbury, Nursing Service; Credella Harley

(Continued on page 7)

Personnel in the spotlight

NNMC

Robert E. Coleman, air conditioning equipment mechanic, retired after 30 years of Federal Service, all here at the Center.

Irving R. Cook, accounting technician, retired after 28 years of Federal Service, 20 of them here at the Center.

Dora Covington, janitor, retired after 26 years of Federal Service, all here at NNMC.

Kathleen P. Crouch, housing referral specialist, retired after 27 years of Federal Service, 19 of them here.

Roy H. Daughtry, boiler plant operator, retired after 31 years of combined military and civilian service. He has been at the Center for nine years.

Maynard E. Donn, planner and estimator, retired after 32 years of Federal Service, 24 of them here.

Fitzhugh Ellis, guard, retired after 24 years of Federal Service, 17 of them here at the Center.

Richard E. Floyd, sheet metal

machine foreman, retired after 28 years of Federal Service, 23 of them here.

Edwin H. Frazier, janitor, retired after 26 years of Federal Service, all of them here at the Center.

Lucy S. Gaskins, janitor, retired after 26 years of Federal Service, six of them here at the Center.

Dewey Israel, janitor, retired after 29 years of Federal Service, all of them here at the Center.

Harry E. Johnson, janitor, retired after 29 years of Federal Service, 11 of them here.

Maurice Johnson, janitor, retired after 31 years of Federal Service, 26 of them here at the Center.

Norman L. McLeod, warehouseman, retired after 31 years of Federal Service, 11 of them here at the Center.

HMC Philip F. Meek, of Radiation Safety, transferred to the Fleet Reserve after 19 years and six months of service in the Navy.

Herman A. Poole, wood craftsman, retired after 30 years of Federal Service, 27 of them here at the Center.

Ralph H. Pridgen, pipefitter, retired after 22 years of Federal Service, 16 of them here.

Marion Kemp, medical laboratory apparatus maker, retired after 30 years of Federal Service, 21 of them here at the Center.

George Rooths, linoleum layer, retired after 29 years of Federal Service, 24 of them here at the Center.

Thomas V. St. Angelo, supply clerk, retired after 28 years of Federal Service.

Louis G. Sanchez, air conditioning

equipment mechanic, retired after 30 years of Federal Service, 24 of them here.

Henry E. Sellner, firefighter (structural) retired after 18 years of Federal Service, ten of them here at the Center.

Truxton B. Smith, firefighter (structural) retired after 28 years of Federal Service, all of them here at the Center.

Claude A. Swanson, shop planner, retired after 30 years of Federal Service, 23 of them here at the Center.

Thomas E. Thomas, janitor foreman retired after 30 years of Federal Service, all of them here at the Center.

HOSPITAL

LCdr. Loren D. Acord, MSC, passed the American Board of Psychology examination, and is certified as a Clinical Psychologist.

Joyce E. Alpin was advanced in rate to Hospitalman.

Nellie R. Ames, janitor, retired after 26 years of Federal Service, 21 of them here at the Center.

Cdr. Halbert E. Ashworth passed the specialty board examination, Part I, in Surgery.

Lt. Douglas P. Bolden passed the specialty board examination in Pediatrics.

Lawrence A. Bucklew was promoted to Lieutenant Commander, Medical Corps.

Raymond D. Burton was advanced in rate to Hospitalman.

Timothy F. Butler was promoted to Lieutenant, Medical Service Corps.

Richard E. Collins was promoted

to Lieutenant Commander, Medical Corps.

Celia Davenport, nursing assistant, retired after 16 years of Federal Service at NNMC.

Douglas D. DiBona was promoted to Lieutenant Commander, Medical Corps.

Cassius J. Dorsey, cook, retired after 21 years of Federal Service at NNMC.

Shannon J. Doyle was advanced in rate to Hospitalman.

Alan G. Finesilver was promoted to Lieutenant Commander, Medical Corps.

John R. Fletcher was promoted to Commander, Medical Corps, and passed the specialty board examination, Part I, in Surgery.

Edward J. Grout was promoted to Lieutenant, Medical Service Corps.

Jesse F. Harrington was promoted to Lieutenant, Nurse Corps.

Charles Haynie was promoted to Lieutenant Commander, Medical Corps.

Janet L. Higgins was promoted to Lieutenant (junior grade), Medical Service Corps.

Joseph P. Iaculucci was promoted to Lieutenant Commander, Medical Corps.

HM3 William C. Jacobs was selected to go to the University of Maryland this fall, as part of the Navy Enlisted Nursing Education Program (NENEP).

Gary A. Jackson was advanced in rate to Hospitalman.

Donald F. Johnson was promoted to Lieutenant Commander, Medical Corps.

LCdr John G. Jones, MSC, passed

(Continued on page 7)

The "Spotlight" section of the "NNMC News" allows us to give recognition to the myriad of people at the Center that receive recognition for their efforts in their job or profession. If you have been honored, or know someone who has been, let us know by calling 51044.Ed.



Ten Red Cross volunteers that have served over 20 years each at the Hospital here were honored at a recent luncheon held here. Shown are, from left, Mrs. J. Nelson Stuart, Mrs. William Beck, Mrs. David Brittle, Mrs. E. Northrup Read, Mrs. George Bailey, Mrs. Stuart L. Bailey, and Mrs. William F. Ward. Not pictured are Mrs. Richard Buchanan, Melba Litton, and Mrs. J. Lockwood Pratt.

Mrs. Bailey, who has been here for over 30 years, was presented with a framed certificate of appreciation from the Montgomery County Chapter of the American Red Cross.

Each of the ten has served over 150 hours each year at the Hospital. In all they have provided over 35,000 hours of service to the patients here.

Mrs. James Austraw, outgoing chairman of the local volunteers, presided at a business meeting following the luncheon. Officers for the coming year are Mrs. Edward Schwartz, chairman; and Mrs. Louis Wachtel, vice-chairman.

Currently there are over 100 volunteers who are regularly working here.



From left, Washington Redskins Brigg Owens, defensive back; Andy Davis, former offensive back, and Andy Stynchula, former player and now president of the Redskins Alumni Association, talk to a patient on Ward 6C. The football players came to the Center as a part of the VIP (Very Important Patients) program.

Spotlight

(Continued from page 6)

the American Board of Psychology Examination and is certified as a Clinical Psychologist.

James P. Jordan was promoted to Lieutenant Commander, Medical Corps.

Kathleen S. Kagen was promoted to Lieutenant Commander, Medical Corps.

Joseph A. Kaufman was promoted to Lieutenant Commander, Medical Corps.

Edward A. Keller was advanced in rate to Hospitalman.

William R. Kendrick was promoted to Commander, Medical Corps.

Marcus L. Lawson was advanced in rate to Hospitalman.

HM2 John D. Lehman transferred to the Fleet Reserve.

Paul A. Levine was promoted to Lieutenant Commander, Medical Corps.

Arthur Little, cook, retired after 25 years of Federal Service, all here at the Center.

Gordon R. MacDonald was promoted to Lieutenant Commander, Medical Corps.

Ltjg Edward E. Manley received a letter of appreciation from the commanding officer.

Serge A. Martinez, was promoted to Lieutenant Commander, Medical Corps.

Vance C. McDonald was advanced in rate to Hospitalman.

Herbert B. Morrow, baker, retired after 24 years of Federal Service, all at NMMC.

Malcolm M. Murdock was promoted to Commander, Medical Corps.

Jospeh R. Murray was promoted to Lieutenant Commander, Medical Corps.

Hattie M. Myers, food service worker, retired after 21 years of Federal Service at the Center.

William H. Otey, commissary general foreman, retired after 30 years of Federal Service, all of them here at the Center.

Richard L. Patterson was advanced in rate to Hospitalman.

Frederick L. Paulsen was promoted to Lieutenant Commander, Medical Corps.

LCdr Gerald M. Penn received a letter of commendation from the commanding officer.

Jon D. Rahman was promoted to Lieutenant Commander, Medical Corps.

HM1 Robert W. Sayre transferred to the Fleet Reserve.

David H. Schwartzfarm was promoted to Lieutenant Commander, Medical Corps.

Paula J. Sevalstad was advanced in rate to Hospitalman.

LCdr Philip R. Severy received a letter of appreciation from the commanding officer.

Quentin D. Simeone was advanced in rate to Hospitalman.

Lt. Avery Stiglitz, MC, augmented to the regular Navy.

Cyril F. Strife, was promoted to Lieutenant Commander, Medical Corps.

Susie G. Thompson, cook, retired after 28 years of Federal Service, all of them here at the Center.

Raul A. Vernal was promoted to Commander, Medical Corps.

Thomas E. Walsh was promoted to Lieutenant Commander, Medical Corps.

Hattie B.T. Warner, mail clerk, retired after 22 years of Federal Service, 21 of them here at the Center.

HM3 Richard White received a Letter of Commendation from the commanding officer.

Jack E. Zimmerman was promoted to Commander, Medical Corps.

NMTI

Judith A. Benny was commissioned as Ensign, in the Health Care Administration section of the Medical Service Corps. She is the second woman to be commissioned through inservice selection.

Mary Jo Gardiner, secretary (stenography) retired after 26 years of Federal Service, 14 of them here at the Center.

NMRI

Fannie M. Epstein, clerk-stenographer, retired after 21 years of Federal Service, five of them here.

HM3 Joseph D. Forsha received a letter of appreciation from the commanding officer of the Hospital.

Francis B. Gordon, director of the Microbiology Department, retired after 23 years of Federal Service, 17 of them here at the Center.

Thelma P. Robertson, administrative librarian, retired after 22 years of Federal Service, 10 of them here.

(Continued on page 8)

Twix the lines

Navy women mark 30 years

"On July 30 Navy women mark their thirtieth year of continuous active service in the United States Navy and Naval Reserve. This is a proud occasion, for it marks a milestone in the constant and unbroken tradition of professionalism and service begun in 1942 and continued by more than 8,800 dedicated women today. With deep respect for that tradition, and abiding appreciation for 30 years of outstanding naval service, I extend my personal congratulations for a task well done." (from John W. Warner, Secretary of the Navy).

Minority increase at academy

The new plebe class sworn in at the Naval Academy last month has greater minority group representation than any previous class. Ninety-two of the new Pleges are from minority groups; 72 are black. With the return of the other academy classes this Fall, the total minority enrollment at Annapolis will rise to 175, a new high.



DT2 Benjamin F. Petersheim displays the plaque given him by Albert Gaist, instructor, left, upon being announced as honor man in the dental repair technician graduating class. Petersheim will be stationed at Naval Air Station, Moffitt Field, Calif. for his next assignment.

The other graduates were; DT1 Robert J. Crowley, DT2 Donald C. Resecker, DT3 Cale R. Riebe, and DT3 Edgar W. Sharrit.

Students

(Continued from page 6)

and Mercy Minor, Outpatient Department; Chauncey Wallace, Jeffery McKinney, and Donald Thomas, Food Service; Alphonzo Perry, Pharmacy; Edward Lee, Housekeeping; Carolyn Belger, Pamela Dennis, and Wayne Riggins, Patient Escort; Deborah Dubose, Eye Clinic; Alicia Olive, Urology; Denise Walker, Orthopedics; Yvonne Weathers, Patient Affairs; and Deborah Kennon, Hematology.

(NMTI) Annette Bishop,

Library; and Erika Wimberly, Academic Department.

(NGDS) Gloria Bryant, Oral Histopathology; and Cathy Gavin, Publications.

The other summer employees are: (NMMC) Mark Goldberg, Mail Room. (Hospital) Karen Fanning, Lynn Heiligenthal, Jenne Ascosi, Angela Saffell, and Carolyn Glee, Nursing Service; and Roberta Gnat, Laboratory. (NMRI) Gail Siegel and Mark Sharp, Environmental Biosciences; and Tim Brown, Microbiology.

Hospital wins league - 2nd in NDW tourney



The victorious Naval Hospital team. First row, from left, Larry Doonan (3b), Pete Cawley (lf), Terry Franus (cf), Bill Krothe (cf), RAdm Ballenger, commanding officer of the Center, Les Swafford (ss), Kevin Duggan (rf) and Tom Nezovich (sf).

Second row, Butch Cory (lb), Ken Click (c), Jerry Polley (2b), Don Gunnet (sf), Ed Mortimer (2b), Al Hagen (lf), and Mike Mason (rf).

Players not shown are Pete Ewens (p), and Chuck Davis. Three of the players, Pete Cawley, Butch Cory, and Les Swafford, of the Hospital team, were picked up by Pax River to represent the district at the North Atlantic Regionals at New London, Connecticut.

RAdm Jacoby

(Continued from page 1)

of residency in internal medicine at Jefferson, RAdm Jacoby reentered the Navy in 1952, this time accepting a commission in the Medical Corps.

During his career he has also served as chief of the cardiopulmonary laboratory,

and director of medical residency training at Naval Hospital Portsmouth, Va., and as chief of the medical service at Naval Hospital Great Lakes.

He is board certified in internal medicine, and is a Fellow of the American College of Physicians.



The end of "three arduous months" brings smiles to the faces of the people in the Physical Evaluation Board offices in Building 137.

Cutting the ribbon officially reopening the remodeled PEB spaces, is RAdm Norman C. Gillette Jr., director of the Office of Naval Disability Evaluation. With him are, from left, Capt Marlin Hydinger (then administrator of the PEB, and since retired); Grace Angelo, staff assistant; and Walter Curry, court reporter.

Remodeling, done by the Center Public Works Department, included converting open spaces to offices, new paint, carpets, and dropped ceiling throughout. The areas were "functionally rearranged," creating a reception area and additional offices. Also a restroom/utility room area, dating from when the building was used as a hospital ward, was converted into two new restrooms.

Spotlight

(Continued from page 7)

NSHCA

Cdr Patrick J. Collier, an instructor, received a letter of appreciation from the commanding officer of the Naval Graduate Dental School. Cdr. Collier will be assigned as administrative officer of NGDS on August 1.

Cdr. William P. Davis, executive officer, received a letter of appreciation from RAdm David P. Osborne, assistant chief of the Bureau of Medicine and Surgery for personnel and professional operations.

Fred J. Duffy received a letter of appreciation from the commanding officer upon his transfer to the Center Command.

LCdr. Robert B. Hinds received a letter of appreciation from RAdm David P. Osborne.

LCdr. Clifford V. Kovarik, instructor, received a letter of appreciation from the commanding officer of NMTI.

Lt. Norman G. Olgesby received a letter of appreciation from the commanding officer of NMRI.

NMDCS

Edward J. McCall, computer systems analyst, retired after 12 years of Federal Service, two of them at NNMC.

AFRRI

Carol Abbott received a Certificate of Achievement.

John R. Abbott received an Outstanding Performance Rating.

Donald H. Anders received Quality Salary Increase.

Robert E. Bates received a Quality Salary Increase.

Captain Joseph V. Boykin, USAR received the Joint Service Commendation Medal.

Leonard Clark, of Behavioral Sciences, received a promotion.

Henry B. Crawford had a Beneficial Suggestion adopted.

Ernest H. Crisco received an Outstanding Performance Rating.

Thomas K. Dalton received a Sustained Superior Performance Award.

Nancy A. Eaton, of Experimental Pathology, received a promotion.

Adelbert S. Evans received a Quality Salary Increase.

Anne S. Fellerman, of Administrative Services, received a promotion, and had a Beneficial Suggestion adopted.

Michael E. Flynn, of Radiation Biology, received a promotion.

Carol G. Franz, of Behavioral Sciences, received a promotion.

Cdr. Robert E. George, chairman of the Radiation Biology Department, received the Meritorious Service Medal.

LtCol Alfred L. Green received the Meritorious Service Medal and retired from active service.

SKCS Frederick E. Harr reenlisted for two more years in the Navy.

Annapolis team, drubbing the 16-3.

The Hospital then faced the second team from NSS and polished them off, 14-8.

In the quarter finals, the Hospital met the Patuxent River team and lost 3-15.

Now in the losers bracket the double elimination tournament the Hospital met the Annapolis team again, and again got the better of them, this time by a score of 20-6.

Next came Pax River again.

The two teams met shortly after the Hospital's win over Annapolis. Though holding Pax River to only seven runs, the Hospital could not get enough runs across the plate and lost 1-7.

NNMC wins golf league

The first half of the Intramural golf season is over with the undefeated NNMC team winning first place with six wins and two ties.

Dental School and BuMed tied for second place with six

wins, one loss, and one tie. AFRRI finished in third place with four wins, three losses, and one tie.

The other teams were: NMTI 4th; Fleet Reserve, 5th; Doctor 6th; NMTI, 7th; and Hospital 8th.

Capt Wohlfarth

(Continued from page 1)

Dental School to the Naval Graduate Dental School, to reflect the primary functions of the school more accurately. Also under the guidance of Dr. Wohlfarth, the school established programs with The George Washington University that allow dentists graduating from several of the courses there to receive a masters degree from GWU in recognition of their Navy training.

Other innovations at the school, begun under the direction of Dr. Wohlfarth, include: the establishment of a preventive dentistry clinic that now handles 8000 treatments a year; changing the mission of the school to broaden the scope of patients that may be treated in order to improve the learning experience of students; and establishing an Independent Learning Center (see pages 4 and 5 of this issue) at the school.

After obtaining a degree of doctor of dental surgery in 1938 from the Columbia University in New York, Dr. Wohlfarth was in private practice for two years, then accepted a commission in the Navy. He was assigned to the Naval Air Station, Quonset Point, R.I. for two years, then in 1943 he was attached to the commissioning detail of the aircraft carrier USS Langley (CVL-27).

Serving in the Langley during World War Two, Dr. Wohlfarth saw action in most of the major operations in the Asiatic-Pacific Theater, for which the Langley won nine battle stars and was awarded the Navy Unit Commendation.

Next, he came to the Center for his first tour at the Dental School, then in July 1950 he was assigned as head of the prosthodontics department at the Naval Dental Clinic at Pearl Harbor.

Following a residency in prosthodontics at the Naval Training Center, Great Lakes, in 1952-53, he had tours of duty on the USS Arcadia (AD-23); at the Naval Academy; and at the Naval Air Station, Quonset Point.

In August 1965 Capt Wohlfarth assumed command of the Naval Dental Clinic in Yokosuka, Japan, the first Dental Command to earn the Navy Unit Commendation. While at Yokosuka, Dr. Wohlfarth also served additional duty as fleet dental officer for the commander of the naval forces in Japan.

RAdm Hagerman

(Continued from page 1)

Dr. Hagerman was assigned to the Naval Training Center in San Diego. Following tours aboard the USS Juneau (CLAA-119), and at the Navy Department Dispensary in Washington, D.C., Dr. Hagerman came to the Dental School here as a student in the general postgraduate course.

When he completed the ten-month course, Dr. Hagerman was assigned to the staff of the School, and remained here until March 1959. During this tour at the school he also completed an advanced course in crown and bridge prosthodontics.

Next he went to the Naval Support Activity, Naples, Italy, as assistant dental officer. In July 1962 he returned to the School as a member of the staff.

In July 1969 he reported to the 4th Dental Company, Force Troops, Fleet Marine Force, Camp Lejeune, N.C. He later changed to the 22nd Dental Company there, where he served until his assignment as CO at the Dental Clinic at Camp Pendleton.

John T. Istock received the Meritorious Civilian Service Medal upon his retirement from Federal Service.

Sylvia B. Kniel had a beneficial suggestion adopted.

Kenneth F. McCarthy, Experimental Pathology, received a promotion.

Gertrude M. Paley, of Library Services, received a promotion.

Elena M. Vinar received an Outstanding Performance Rating.

John K. Warrenfeltz received Sustained Superior Performance Award.

Andrew A. Webster was promoted to Specialist 4.

Jack K. Widmayer retired from Federal Service.

William E. Wolfe, of Radiation Biology, received a promotion.

Daniel E. Wyant received Outstanding Performance Rating.

LSD-others may damage brain

People often joke about putting square pegs into round holes when they hear about psychological tests. But LCdr Loren D. Acord, of the psychology clinic here, says that it's no joke that most users of hallucinogenic drugs such as LSD, STP and MTA have trouble doing these tests.

In a study at Oakland naval hospital, Dr. Acord found that 32 out of 40 subjects that had taken these "mind expanding" drugs performed in the brain damage range on certain tests.

His study lacked control groups and was, in his words, "scientifically imprecise," so Dr. Acord has begun a new study here with more controls than the first one.

"We still have many uncontrollable factors," says Dr. Acord. "First, we are dealing with 'typical' drug users that buy their drugs on the street. There is no way of knowing that a person who thinks he has taken LSD actually bought LSD. 'Street acid' may have been mixed with heroin, methedrine, and/or strychnine."

Also, the investigator must rely on information from the users about frequency of use, type of drug, and quantity used.

"Users are not the most reliable subjects," he says. "One fellow told me that he had taken 300 trips on LSD in six months. That is

impossible."

Drug users often use many different substances, alone or in combination, at different times, so that any effects cannot be traced to one drug or to one combination of drugs.

Motivation of the subjects, and some pre-drug use factors, may affect the test scores.

Even with these uncontrolled variables, Dr. Acord feels that the results of the first study are significant. Mental health workers," he explains, "have often expressed the feeling that users of hallucinogens were passive, and talked in strange ways." But no studies had been performed to find if actual drug users had measurable brain damage.

So Dr. Acord got 40 subjects who had taken hallucinogens, and gave them a number of standard tests to measure brain functioning.

On three of the tests that tend to measure frontal lobe functioning (the part of the brain that controls reasoning, abstraction, etc.), the subjects did poorly. Of the 40 subjects, 32 performed in the brain-damaged range on at least one of the tests, 18 performed in this range on at least two tests, and four performed in this range on all three tests.

According to Dr. Acord, the test results

(Continued on page 7)



HM3 Don Barker explains one of the tests to volunteer subject HM2 Peter J. Ewens.



"Now just pretend that you are the big bad wolf, and this is the house of the three little pigs," says Ltjg Jacqueline Cheek. "Blow in here as hard and as long as you can."

Nurse Cheek took the little machine that measures the vital capacity of people's lungs, and set it up at the Lollipop Festival held annually by the Navy Band at the Watergate amphitheater.

"They were afraid to blow into it until I made a game of it," she recalls. In the few hours she was there, more than 100 children played the 'game.'



LCdr Lawrence J. Jenkins inspects the troops before taking over as officer-in-charge of the Navy Toxicology Unit. LCdr Jenkins relieved LCdr Thomas Hill who had served in that position since last October.

LCdr Hill said he is "glad to be going back to the bench." He will remain at NTU and resume his work in hyperbaric toxicology full time.

In the change of command ceremony, LCdr Hill compared NTU with a football team that had two first-string quarterbacks. Picking up the analogy, LCdr Jenkins said, "as a former defensive tackle, I've always wanted to be a quarterback."

LCdr Jenkins is returning to NTU after three years duty under instruction at the Harvard University School of Public Health.

National Naval Medical Center

NEWS

Volume 28, Number 8

August 1972

The battle has begun

The order to attack has been given, and friendly forces are advancing on all fronts. Z-Gram 115 ordered the Navy-wide attack — the enemy is alcoholism.

Skirmishes here are mainly in the psychiatry clinic, but all over the world the enemy has captured some of the Navy's best men. The main thrust of this all-out attack is aimed at freeing these men from the enemy, and getting them back at their jobs.

Early reports from Long Beach indicate that the battle plan outlined in Z-115 is effective.

Capt Alan G. Miller, director of the Alcohol Rehabilitation Unit (ARU), is leading the Center's attack on alcoholism from his office in the Psychiatry Service. Assisting him are LCdr George S. Glass, ward medical officer of the ARU; Lt Gary Graham, medical consultant; and CTCM Robert Williams, alcoholism counselor.

"Alcoholism is affecting some of our most valuable people," points out Dr. Miller.

"Generally, an alcoholic is a highly respected man when he is not drinking."

Now a person with an alcohol problem has a better chance than ever before to cure his illness. "Due to the presence of alcoholism counselors, treatment is better than it has been," explains Dr. Miller, "and the public attitude is changing. At Long Beach Naval Hospital, people finishing the rehabilitation program have been sent back to their own commands and are generally doing very well. Slips can be expected and are dealt with promptly.

"Early identification is very important," he emphasizes. "A supervisor may suspect that a person has a problem, and send him to us. Or we may get a patient who was admitted to the hospital for other reasons, but is clearly an alcoholic. Also many people recognize that they have a problem and volunteer themselves

(Continued on page 7)

Another first for women

Thelma Richards has been selected as the first woman ever promoted to Commissary General Foreman in the food service division of the Hospital.

Though setting the landmark for women here, she is not a confirmed women's libber. She does not think that women should be "forced" into many jobs (construction work for example) that have traditionally been held by men.

Back in 1940 she came to Washington from West Virginia, and started working as a licensed beautician. Friends urged her to get a job with the Federal Government, and go back to being a beautician when she retired.

So she got a job here as a mess attendant (now called food service worker) almost 25 years ago. A couple of years later she was promoted to head mess attendant. After 15 years in that position, she was promoted to foreman, food service worker, and finally to her present position.

Her duties in the new position will include scheduling and organization of the dietary section of food service. Working with Lt Sandra Doppelhauer, dietitian, and James J. Wilson Commissary General Foreman II, Mrs. Richards will soon begin training the employees under



Mrs. Richards

her in the operation of a new serving conveyor belt that will be installed.

"Presently, we offer patients a choice of three entrees, three salads and three desserts," she points out. "We constantly get letters and calls, complimenting us on the food here, but the new belt carries almost anything that the Washington Hilton does."

She has studied the operation of a similar

(Continued on page 2)

Count 'em - It's the only way

By Dr. (Capt.) George G. Johnson, USAF

So, you admit you're carrying a lot of ugly fat! Well, it isn't because your "glands" don't work right or because you "retain fluid" or because the tooth fairy cursed you - you are fat because you eat too much. It's that simple.

If a thousand people read this, only one will have a "glandular abnormality." Those diseases are so obvious that a second year medical student could make the diagnosis at 50 feet in a bus station. People with advanced heart disease and some pregnant women "retain fluid" - fat people don't. They just wish they did!

What fat people do retain is excess energy. They take in more energy than they can burn, and the body stores it as fat. To lose weight, you must take in less energy than your body uses and the body will burn off the stored up fat to make up the deficit.

FAT DIETS?

Unfortunately, there is only one way to limit energy intake (UGH!). All diets have two things in common; they limit the calories (energy) you take in each day, and they have a trick or device built in to remind you daily that you're on a diet. No one has ever proven that a high protein or low carbohydrate or a grapefruit juice or a kumquat soup diet is any better than any other kind. In fact, over the long haul, such "fad" or "crash" diets are usually

unsuccessful because they are rigid, expensive and they do not help reestablish patterns of food intake required for subsequent weight maintenance.

You can design your own guaranteed successful diet to fit your own tastes and your own life style, but you will need to acquire four things: an ability to add, a pocket sized book that lists common foods and the number of calories contained in a given portion, a notebook and a pencil. Pocket size calorie books are available at almost any drugstore for about 50 cents or a dollar.

GROUND RULES

The ground rules are as follows: Each day you get 1,200 calories to spend however you wish, whenever you wish and on whatever you wish, so long as you spend at least 200 calories each day on protein. However, you must be accurate!!! You must count everything that passes those snapping jaws - every patte of butter, every drop of gravy, every soft drink and every stick of gum. You get 1,200 calories a day - and you can't transfer the balance from one day to the next. A word of caution - be careful of proportions. Don't eat eight ounces of Wombat casserole and then record the value the book gives for four ounces.

The golden rule - if you are not looking up, writing it down and keeping a running total, you don't know what your intake is. Wrong estimates of daily intake will cause you to sing forever the sad

songs of the gasbag. Familiar verses are, "I only eat one meal a day" (refrain - "And I still can't lose weight") or "I cut down on starches," and the most famous, "I don't eat that much."

The final word on diet - limiting your daily calories to 1,200 or less will cause you to lose weight. If you try it and fail, there are only three possible explanations: (1) you miscounted, (2) you are a plant and are capable of photosynthesis or (3) you are the only known exception to the law of thermodynamics and energy conservation!!!

EXERCISE AWAY FAT

To do a really good job of reducing your fat, you need to combine your diet with a schedule of regular exercise. Exercise will help you redistribute those grotesque bulges, it will keep your heart in good condition, your muscles-toned and it will make you feel better. It will not, however, lose weight for you. Shocked? Here's an example.

Let's say you splurge and have three beers at the club, telling yourself that it's O.K. - you'll run it off tomorrow. If your body has about two square meters of surface area, you will have to play tennis for 45 minutes straight or jog for a solid hour without stopping or swim a half mile in fifteen minutes, just to burn off the 450 calories that those harmless three beers added to your daily intake. Be honest - over the long haul you'll never do it so don't depend on it. Just eat less - you will lose weight and live longer.

Chaplain's Column

"THE CAMEL'S NOSE" (Arab Proverb)
by Chaplain Eli Takesian

Camel: Boss, may I come into your tent?

Arab: I've barely enough room for myself.

Camel: What about my nose? May I stick my nose inside?

Arab: All right. Your nose, but no more.

Camel: Gee, thanks.

Arab: Your nose, but not your neck too. You're overcrowding me.

Camel: My neck isn't too long, really.

Arab: Not your body, too. You're pushing me out.

Camel: My body isn't big, really.

Arab: Camel, may I come into my tent?

Camel: Sorry about that, Boss.

Oftentimes we allow ourselves to be invaded and overwhelmed and, finally, preoccupied by "Mickey Mouse" or by things of secondary importance. The consequence of such is that, in our preoccupations, we have little time or room to effect matters of higher worth and priority. So, beware of the camel's nose.

Rabbi Porath announces Rosh Hashana services

Rosh Hashana, the New Year of the Jewish religious calendar, will commence on Friday, September 8, at sunset and will be observed Saturday and Sunday, September 9-10. These two days inaugurate a ten-day period of prayer and penitence, self-examination and introspection culminating on the Day of Atonement (Yom Kippur) on Monday, September 18.

Rabbi Tzvi H. Porath, auxiliary chaplain of the Center, wishes to inform all staff personnel and ambulatory patients that the Jewish Welfare Board will make arrangements for attendance at High Holy day services at a local synagogue or temple. If desired, home hospitality can be arranged.

Please call chaplain's office (295-1510) and leave your name if you wish arrangements to be made for you or call the Jewish Welfare Board directly at 638-6773.

There will be a brief Mid-High Holiday service on Wednesday, September 13, at 11 a.m. in the Bethesda Chapel (near out-patient department), building 8-A, conducted by Rabbi Porath.

Tapes of special High Holy day services will be available to patients of the hospital. Contact the Chaplain's Office. Pamphlets on the High Holy days as well as a limited number of New Year's greeting cards are available in the chaplain's office through the courtesy of the Jewish Welfare Board.

One vote did it

One vote gave America independence. Patrick Henry's famous resolution in favor of American independence was passed by one single vote.

* * *

One vote elected a United States President. Rutherford B. Hayes was elected President of the United States over Samuel J. Tilden by one electoral vote.

* * *

One vote kept President Monroe from a unanimous election. A single vote by John Quincy Adams: Adams wanted history to show only Washington elected unanimously.

* * *

One vote made you speak English. The American Revolution filled those on both sides of the conflict with deep bitterness. The

American people decided to sever all ties with the mother country and change the official language from English to German for the newly formed country. A bill was presented to Congress but the vote ended in a tie. The deadlock was finally broken by a single vote cast by the son of a German immigrant.

* * *

One vote admitted Texas to the Union. In 1845 the Senate deadlocked on admitting Texas to the Union. Finally Indiana's senator changed his vote for admission.

* * *

One vote helped win World War II. In 1941 Congress extended the draft law by one vote. Four months later we were at war; thanks to that one vote we were better prepared.

Thelma Richards

(Continued from page 1)

belt at the Walter Reed Army Medical Center, and has attended several classes at the Washington Hospital Center to be ready for the new equipment.

The new belt will be portable, and only serve from one side rather than both sides as with the present one. The hot food will be put on the plates last, so that it will get to the wards hotter than before.

In her years here, Mrs. Richards has toured most of the hospitals in the Washington area, and has taken many courses including management and business courses at the Martha

Washington Vocational High School.

She is a member of the Professional Business Women's League, and is president of the Progressive Womens Club of the Second New St. Paul Baptist Church, in Washington. She and her husband Seamon have two daughters, Gwendolyn, 16, and Yolanda, 13. They have been living in Washington for 25 years.

Working here at the Center has been good, she says. "At first there weren't many other choices," but lately I have had many opportunities, but I stayed here because I really enjoy working with food, with people, and especially helping the sick."

NNMC NEWS
National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER MC, USN COMMANDING OFFICER
CAPT D.L. CUSTIS, MC, USN DEPUTY COMMANDING OFFICER
CAPT F.B. ESSMAN, MSC, USN ADMINISTRATIVE OFFICER

Capt. D.L. Custis, MC, USN C.O., Naval Hospital
Capt. E.J. Rupnik, MC, USN C.O. Naval
Medical Training Institute
RADM W. H. Hagerman C.O. Naval
Graduate Dental School
Capt. T. Richter, MC, USN C.O. Naval
Medical Research Institute
Capt. W.J. Green, MSC, USN C.O. Naval
School of Health Care Administration
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Two "Outstanding Young Men"

Two Centerites have been selected as "Outstanding Young Men of America." Lt Stephen Karas Jr., and HM1 Collins C. Milhouse were chosen for their professional and community leadership.

Biographies of both men will appear in the 1972 edition of the Outstanding Young Men of America awards volume.

A CORPSMAN



HM1 Milhouse readies a blood donor.

HM1 Milhouse says, "I just enjoy working with people — talking with people."

Before coming to the Center, he served with the Armed Forces Induction Center in Fargo, North Dakota. After work hours Milhouse became active in the local Jaycees, soon being elected to the Board of Directors. Milhouse recalls, "I was the first black man in the state to be on the Board of Directors."

He especially enjoyed working with youths with mental problems. "North Dakota used to have real problems with mental illness," said Milhouse, "but now everyone is involved. It is a fantastic program, barbers, beauticians, everyone who deals with the public goes to special classes, and learns how to help people with problems. They learn how to spot people that may need help and where to send them to get help."

Now that Milhouse is at the Center, he is still helping people. A month ago he was appointed as special assistant for minority affairs to the commanding officer of the Center.

"The guys come to me thinking they have been getting a run-around, but they just need to stop, think, and get started in the right direction. They have to learn that coming in to work on time IS important — that the housing office is there to help them find a place to live — that the legal officer can help them out of a jam."

"I try to convince them that you can't win by being a radical. They have to learn

to be part of a team. But communications is the answer. If you don't talk to them, you can't understand them."

He tries to get men with college credits to apply for officer programs, and encourages everyone to take the advancement-in-rate exams.

"No man should be thrown away," he insists. "If he does a bad job somewhere, then find out why, then give him another chance in another area."

Milhouse practices what he preaches. He applied for the Navy's physician's assistant program last year, but did not have enough college credits to be accepted. So he has been taking evening courses given by Montgomery College here. "I am going to reapply, and keep reapplying, until I make it," he emphasizes.

"I like to work in a clinical area," he says, "especially with in-patients."

Milhouse came here in July 1970 as a student in the laboratory school. When he graduated in September 1971, he was assigned to the bacteriology section of the lab. "But eventually they had me behind a desk all day pushing papers, so I asked to be moved."

He is now working in the Blood Donor Center, where he can "deal with people."

"I go around to different installations in the Washington area, and explain the donor program to them."

Does he like it here? "This is probably one of the best duty stations in the Navy," he feels. "Every opportunity is here. There are educational institutions all around."

AND A PHYSICIAN

"It happened in Vietnam," explains Dr. Karas. "Before I went there, I was just concerned with what a doctor could do for a patient. But while there, I found there were many big problems causing widespread disease. It shifted my whole outlook to seeing the broad picture."

Now that he is concerned with the overall scope of things medical, he has plunged into medical research. Currently he is working on two projects under Dr. Adolph Dasler in the heat stress laboratory at the Naval Medical Research Institute.

One project has resulted in the preliminary finding that too many salt pills, taken by people doing hard work in hot temperatures, may have very bad effects on the body.

In the project, subjects with a normal salt intake (15 grams a day) exercised on a treadmill while their physiological condition was constantly monitored. Several weeks later, these same subjects were tested again — this time they were getting salt at the rate of 30 grams a day. This is slightly more than would be obtained by taking six salt tablets a day.

In the second test, the subjects showed adverse symptoms such as nausea, pain, cramps, and diarrhea. Other findings were: a decrease in physical performance; impaired ability of the body to regulate temperature; and abnormalities in blood chemistries, urine, and total body potassium levels.

More tests on different subjects will be conducted this fall to further the study.

In a second project, also dealing with heat stress, Dr. Karas is studying a disease called Rhabdomyolysis, which causes a breakdown of muscle tissue upon severe exercise. The muscle breakdown affects kidney function, and can lead to death in some cases.

Dr. Karas is now trying to develop an animal model to study the disease.

He wants to find what causes the muscle breakdown, why some people develop the disease and others do not, and other factors.

In addition to the heat stress studies, Dr. Karas is working with engineers on a project involving electronics.

"The computer age has changed with the development of digital integrated circuits," he points out. His familiarity with electronics comes from collaborating with an engineer friend on a device to measure cardiac output and total vascular resistance.

Using tiny integrated circuits, Dr. Karas and his friend have almost completed developing a small, inexpensive device to take raw physiological data coming from a patient, and compute them instantly into a more meaningful form.

"Such a device would have many immediate uses in the laboratory, in intensive care units, and in research," according to Dr. Karas.

Advances in technology can also affect other areas, and Dr. Karas is very interested in putting science to work for better government. "There must be a way to get a better relationship between people and their representatives," he feels. "There must be a way technology can improve communications between these groups."

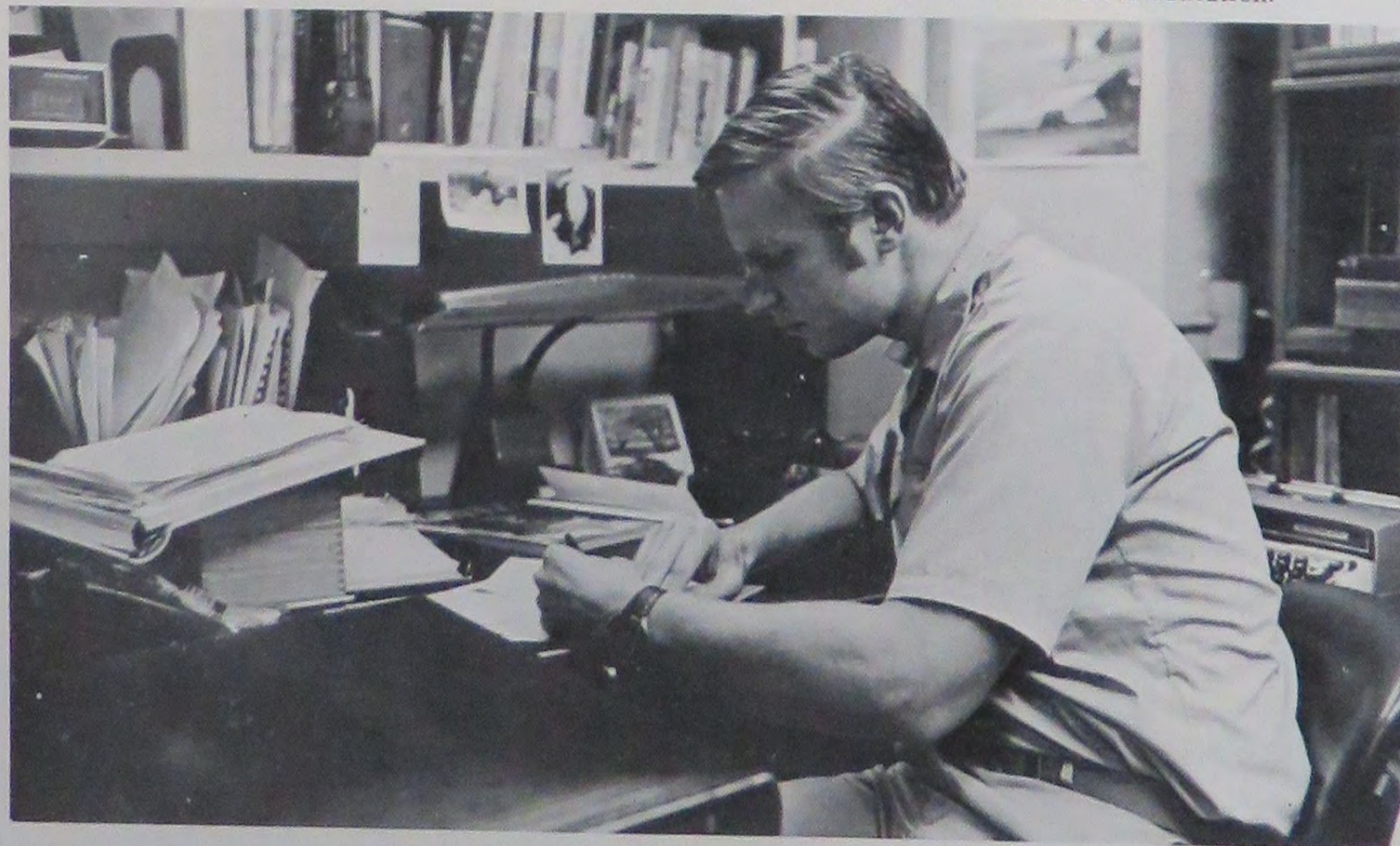
Not satisfied with just dreaming about it, Dr. Karas has written a book detailing how to establish better communications between people and their representatives.

"Basically, we would present national and local issues to the public on a weekly basis using radio, TV, and

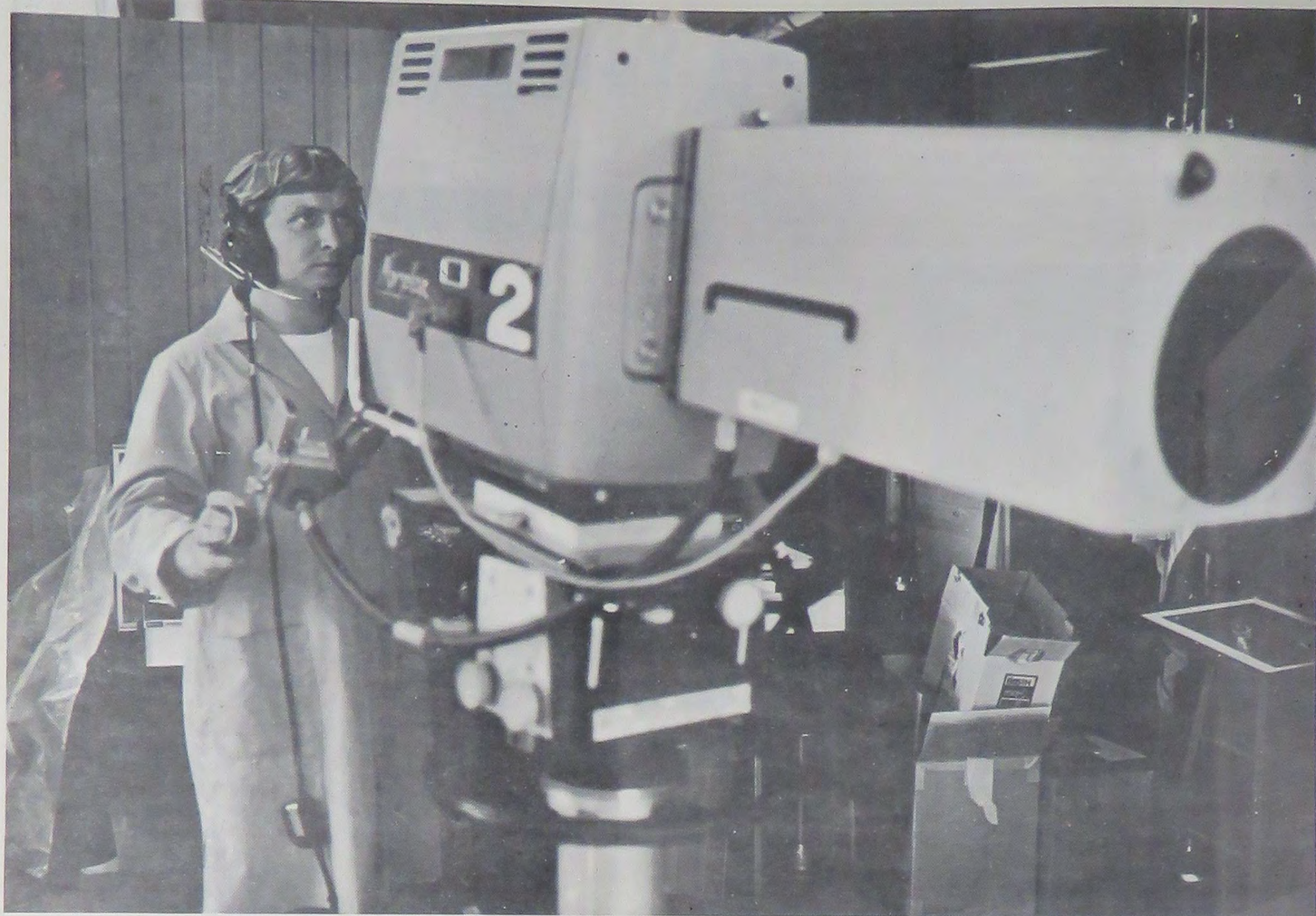
newspapers. Along with the issues would be necessary background information. Then people at home could register their opinions on the issues by pushing a button."

Dr. Karas lives in Columbia, Maryland, and is working with other residents to establish his system there. "The cost would be under \$200,000 and we are talking to several foundations for grants to finance the project."

Also interested in emergency medical care, Dr. Karas is developing a course to train corpsmen in emergency care. "The course is basically for the corpsmen here," he explains. "They have gotten away from clinical medicine because of their research work. It may also make it easier for them to get jobs in civilian life, or go on to further education."



Lt Karas



But first a word



(Above) Fingers poised on the switches, Lani watches the monitors so he can change instantly to the camera that best shows the action.

(Above, right) When a scene is complete, Lani and the instructors have it replayed while they check it for goofs that must be edited out or redone.

(Right) Ralph Buonomo, television technician, adjusts the studio videotape recorder. All tape editing is done electronically on this machine.

photos by B. Lowe



(Right) Lou... left, and Lani... Edward W... department. The up-coming show

(Far right) I... cassette videota... recorder, and... teaching carrels... 1, so that ph... medical tapes at



(Above) Using the remote unit with its black and white cameras, Paul records a lecture to corpsmen and physicians on emergency room procedures. The camera is just another student sitting in.

(Right) No studio here. This program is being taped "where it's at" - in the classroom.



(Far left) HM3 Paul Ruppert follows the action on stage with the color studio camera. Since the Navy has no personnel classification for camera operator, the TV division trains corpsmen and dental technicians for the job.

(Left) Lani Waiwaiole, head of the production branch, adjusts the lighting for a show.

from your teacher

You may be walking along one of the hallways of the center and come across two people sitting by the wall watching television, and they have four sets - no, this is not a scene from 2001. They are members of the Television Division of the Naval Medical Training Institute, and they are creating a videotape teaching package on location...

The tapes made on location will be taken back to the studio in Building 144, where they will be edited as necessary, then transferred to cassettes for playback. The tapes may also be converted to movie film (kinescopes) by the Naval Photographic Center in Washington.

The TV Division has stepped up production of the teaching programs since they put together a portable recording unit last year, according to LCdr. Edward W. Hard, head of the Media Department.

"Before the portable unit was set up, we had to do all of our productions in the studio," said Dr. Hard. "This limited the types of training programs we could produce. Now we have the capabilities to go anywhere in the hospital. Using this new mobility we have been able to complete a series of productions 'on location' for the coronary care and intensive care units; and we are presently working on a third series for the emergency room.

"For a long time the television industry has been groping for a way to become an integral part of medical education," stresses Dr. Hard. "In the past," he recalls, "we have had a network of stations connecting the center, the National Institutes of

Health, and Walter Reed. Lectures and seminars were programmed at various times during the day covering a wide variety of medical topics. Unfortunately, our surveys indicated that no one was watching the shows. Our experience indicates that few medical personnel can afford the time from patient care to watch a series of scheduled programs during the day."

"In the past," he recalls, "we had a network among the Center, the National Institutes of Health, and Walter Reed. We presented lectures and seminars on various medical topics. However, we took a survey and found that nobody was watching the shows. Most physicians did not have the time to watch the scheduled programs.

"Now the TV industry has developed easy-to-operate cassette videotape players. We plan to put two of these sets in audiovisual carrels in the library and provide an assortment of medical tapes for instant viewing. For the first time we hope to soon have available a ready bank of medical education - on demand.

In addition to the locally produced shows, the library will have programs produced by the Network of Continuing Medical Education."

Local shows are produced on a request basis. "We invite any kind of medical training as subjects," emphasizes Dr. Hard. "We have done everything from recording a lecture, to filming an entire operation."

The first step in producing a program is a conference between the physician desiring the show and Lani Waiwaiole, head of the production branch. Lani, who holds a bachelors degree in communication arts,

views the procedure involved, then schedules a shooting date. Slides, movies, and other visual aids are located to illustrate the program.

When everything is ready, the equipment is set up and shooting begins. "It usually takes one day to shoot a show," says Lani. "Then we put it on an electronic editing machine to smooth it out."

Since there is no processing involved in videotape, and all editing is done here, the TV division can go from shooting to color film in three weeks.

Currently only productions done in the studio are in color. Lani hopes to be able to get a color portable unit within the next two years.

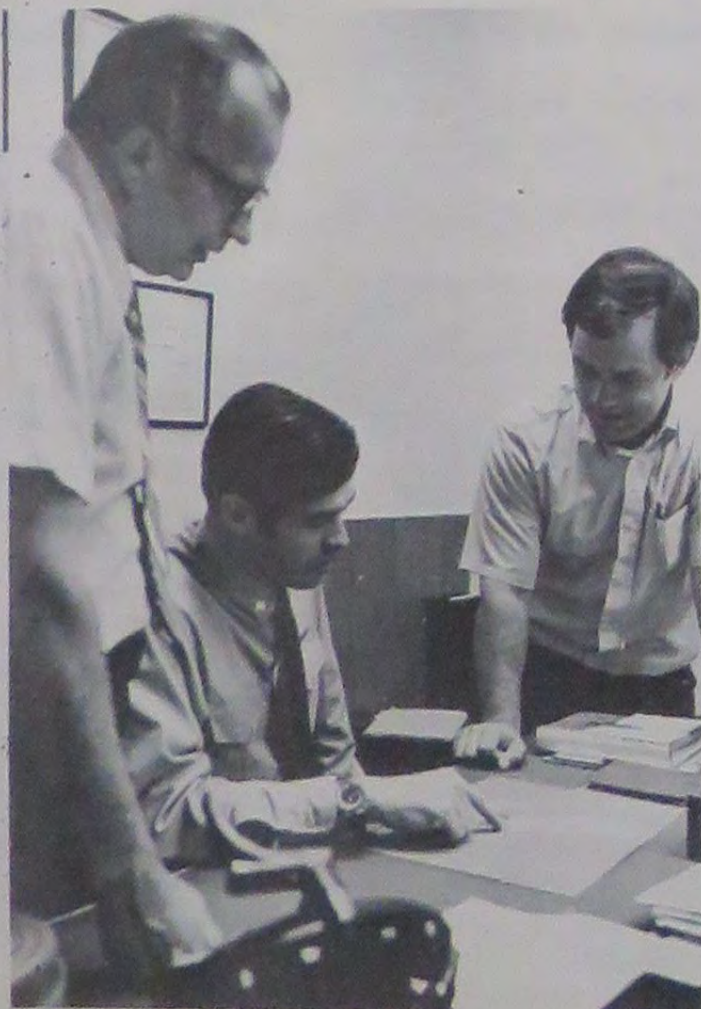
The division has been doing a project with the Naval Medical Research Institute to produce training films for use at the Hospital Corps School at Great Lakes. NMRI produces the scripts and supplies the talent, then the TV division shoots the tape and sends it to Great Lakes. The tapes are then evaluated and included in the training program, or returned for additional work.

In commenting on the use of videotapes to teach personnel of the intensive care unit, LCdr. Jack Zimmerman, head of the ICU, called it "really great support." He explains, "We use it for training personnel in the basics. It saves us a tremendous amount of time and effort. Initially, when we opened the ICU, we got all of the physicians together to present lectures on the basics. We taped all the presentations, and now use the tapes to present the information to new personnel."

When asked if the tapes will replace instructors, he replied, "No, but it's a big help."

...borne, head of engineering, ... an illustration with LCdr ... head of the media ... illustration will be used in an

... and Ralph hook up a new ... recorder to check it out. This ... like it, will be placed in ... the Stitt Library in Building ... will be able to view ... their convenience.



A good question

Degree or not degree

Would you like to better yourself in the service and, at the same time, enhance your prospects of a good job in civilian life? If so, why not take advantage of one of the many educational programs offered by the Navy?

One of these is the Navy Enlisted Scientific Education Program (NESEP). In this program, you receive up to four years of education in the fields of engineering, science and mathematics at one of 21 leading universities throughout the country. On successful completion of study, you receive a commission as ensign in the regular Navy.

Another opportunity available to those qualified is the Associate Degree Completion Program (ADCOP). This is a program of vocational/technical education at the junior college level which leads to an associate degree in arts, science or engineering. If you're a second

class petty officer or above in the regular Navy, you may be eligible.

Perhaps you would be interested in the Navy Enlisted Dietetic Education Program (NEDEP). This provides both men and women the opportunity to obtain up to three years of college education. Graduates earn a baccalaureate degree in Medical Dietetics and receive a commission as a Medical Service Corps (MSC) officer.

These are but a few of the programs which the Navy offers qualified individuals. Other opportunities lie in the American Association of Junior Colleges, which reports that it has helped establish 26 educational programs for servicemen at military bases in 14 states.

For more information about any one or all of these programs, call 50574.

Summer aids nominated for top award

Eleven of the summer aides working at the Center have been nominated for an area-wide award given by the Capital Area Personnel Services Office. The top 20 summer Aides in the area will receive the award. The award is based on performance as judged by the supervisor.

The eleven nominated are: Carolyn Belger, Oliver Clark, Raphael Divers, Nadine Edmonds, Seth Greene, Edward Lee, Jesse Miller, Al Perry, Belinda Riggs, Steve Thompson, and Erika Wimberly.

All eleven have also been named as Aides of the Week for the Center based on their performance. Supervisors rate the aides on ability to perform tasks accurately, neatness of work, ability to organize work, speed with which work is performed, attendance, punctuality, initiative, courtesy, interest in work, cooperation with others, and attentiveness.

Other Summer Aides chosen as Aid of the Week are: Pamela Dennis, Deborah Dubose, Deborah Kennon, Donald Shines, and Denise Walker.

At the end of the summer, those selected as Aides of the Week will receive a citation for their accomplishment.



Al Perry, who has qualified as Summer Aide of the Week every week this summer, pre-packages drugs in the main pharmacy. He can package 36,000 pills of one kind in a morning, he says.

"This is really my first job," he declared, "and it has been a nice experience." Al will be attending Morgan State College in September.

Personnel in the spotlight

NNMC

Elsie M. Cabanas, secretary, dictating machine transcriber, received an Outstanding Performance Rating.

Kathleen P. Crouch, accounts maintenance clerk, received a Sustained Superior Performance Award.

Willie Lee Ferguson, cook, received an Outstanding Performance Rating.

Ray Hicks, electrician, had a Beneficial Suggestion adopted.

Mildred J. Hilliard, janitor, received a Sustained Superior Performance Rating.

Margaret B. Jackson, secretary (stenography), received an Outstanding Performance Rating.

Donald E. Jeffers, engineering technician, received an Outstanding Performance Rating.

Mary D. Johnson, housing referral specialist, received an Outstanding Performance Rating.

Samuel B. Jones, housekeeping janitor, received a Sustained Superior Performance Award.

Irving Prather Jr., janitor, received an Outstanding Performance Rating.

Hazel W. Pridgen, supervisory typist, received an Outstanding Performance Rating.

Anthony S. Reed, janitor, retired after 29 years of Federal Service, 14 of them here at the Center.

Wilbur Smith, janitor, received an Outstanding Performance Rating.

Melvin P. Sullivan, painter, received an Outstanding Performance Rating.

Kelsey C. Thompson, janitor, received a Sustained Superior Performance Award.

Lawrence J. Travis, motor vehicle operator, received a Sustained Superior Performance Award.

Elmer I. Walker, general supply officer, received an Outstanding Performance Rating.

BMCS Bruce L. Woods reenlisted for four years.

Hospital

Ethel Mae Bailey, patient escort, received an Outstanding Performance Rating.

Robert J. Bardwell was promoted to Lieutenant, Nurse Corps.

Joseph F. Bubinak was promoted to Commander, Medical Corps.

Carl Bush was promoted to Lieutenant Commander, Medical Corps.

Dorothy E. Butler, medical technician (chemistry), received an Outstanding Performance Rating.

HM3 Guerrero I. DeLimo reenlisted for four years.

Raymon Iglecia Fernandez was promoted to Commander, Medical Corps.

LCdr. Lawrence H. Fink augmented to the regular Navy.

HM2 John D. Lehman transferred to the Fleet Reserve after 20 years of Naval Service.

Henrietta C. McCain, patient escort, received an Outstanding Performance Rating.

Barbara B. McCleary, secretary, received an Outstanding Performance Rating.

LCdr Richard W. Mohr received the Navy Achievement Medal for his service in Vietnam.

Linda A. Porter, clerk-stenography, received an Outstanding Performance Rating.

HMCM William C. Sanders reenlisted for six years.

Lt Vernon D. Schinski received a Letter of Appreciation from the commanding officer.

HM3 Alan Simpson received a Letter of Appreciation from the commanding officer.

Kate K. Shefter, cytology technician, retired after five years of Federal Service, all here.

Rose A. Stasko was promoted to Lieutenant, Nurse Corps.

Odessa V. White, patient escort, received an Outstanding Performance Rating.

HM2 Juancito Xavier reenlisted for four years.

NMTI

Edward Farnett was advanced in rate to HM2.

Danny M. Barron was advanced in rate to HM2.

Robert Bautista was advanced in rate to HM2.

David G. Beierl was advanced in rate to HM2.

HM1 Judith Benny was chosen under the in-service selection program, and was promoted to Ensign, Medical Service Corps.

Danny N. Bodine was advanced in rate to HM2.

James R. Boyd was advanced in rate to HM2.

Perfecto Custodio was advanced in rate to HM2.

Marlis K. Danevic, clerk-translator (typing), received an Outstanding Performance Rating.

Robert M. Dash was advanced in rate to HM2.

Moreno C. David was advanced in rate to HM2.

Glen A. Fisher was advanced in rate to HM2.

Ronald G. Forren was advanced in rate to HM2.

Terry M. Franus was advanced in rate to HM2.

Ronald E. Hans was advanced in rate to HM2.

Ronald F. Hunter was advanced in rate to HM2.

Nicholas Iadanza was advanced in rate to HM2.

Thomas W. Kirk was advanced in rate to HM 2.

Andrew L. Kulik was advanced in rate to HM3.

Roy C. Mangusing was advanced in rate to HM2.

Mildred Niemann was advanced in rate to HM2.

John Oldfather was advanced in rate to HM2.

Edith I. Pantili, secretary (stenography), received an Outstanding Performance Rating.

Vincente Pestano was advanced in rate to HM2.

Kathryn S. Peters, military personnel clerk, received an Outstanding Performance Rating.

John A. Philip was advanced in rate to HM3.

Daniel Rodriguez was advanced in rate to HM2.

Jay F. Schaefer was advanced in rate to HM2.

James Schreiner was advanced in rate to HM2.

Gregory Sharpe was advanced in rate to HM2.

Thomas Spencer was advanced in rate to HM2.

Lois B. Springirth, library technician, received an Outstanding Performance Rating.

Michael D. Usher was advanced in rate to HM2.

Harry G. Zaritsky, supervisory motion picture production specialist, received an Outstanding Performance Rating.

NGDS

Kate B. Ferguson, military person-

nel clerk (typing), received a Sustained Superior Performance Award.

Kenneth Jensen was advanced in rate to DT2.

Ray Logsdon was advanced in rate to DT3.

J. Roger Miller was advanced in rate to DT2.

David J. Olson was advanced in rate to DT2.

DT1 John C. Peterson was chosen under the in-service selection program, and was promoted to Ensign, Medical Service Corps.

Robert R. Pierce was advanced in rate to DT2.

John E. Williams was promoted to Captain, Dental Corps.

Frank Zotter was promoted to Commander, Dental Corps.

NMRI

Steven Allen, biological aide, received a Quality Salary Increase.

Geraldine S. Blaske, military personnel clerk, received a Quality Salary Increase.

Carole S. Burton, operating room nurse, received a Quality Salary Increase.

Richard Grays, biologist, received a Quality Salary Increase.

Jerome Griffin, biological laboratory technician, received a Quality Salary Increase.

Elden L. Lawson, animal keeper, received an Outstanding Performance Rating.

Robert F. Robertson, biological laboratory technician, received a Quality Salary Increase.

Edward L. Runkles, animal keeper foreman, received an Outstanding Performance Rating.

Joseph B. Shelton, physical science technician, received an Outstanding Performance Rating, and a Quality Salary Increase.

Cloyce Strome, research biologist, received a Quality Salary Increase.

NMDSC

David S. Frager, computer systems administrator, received a Quality Salary Increase.

Delores M. White, electronic adding machine supervisor, received an Outstanding Performance Rating.

Ronald J. Winkler, supervisory computer systems analyst, received an Outstanding Performance Rating.

AFRRI

Jeffrey N. Barton was promoted to Specialist Four.

Richard W. Sanders was promoted to Specialist Four.

The "Spotlight" section of the "NNMC News" allows us to give recognition to the myriad of people at the Center that receive recognition for their efforts in their job or profession. If you have been honored, or know someone who has been, let us know by calling 51044.Ed.

Distaff Doings

Doctor's Wives

The wives clubs are beginning this year's meetings in September, and all are welcoming new members.

The Navy Doctors Wives Club have scheduled their first party of the year for September 22. The event will be a dance at the "O" Club with the theme "Harvest Hayride". The Terrace Room will be fitted up to provide the proper atmosphere for Blue Grass, rock and square dance music.

The swing-your-partner music will come from a new group - The Overland Express - that

dance chairman Michele Kingsley, has called "fantastic."

A buffet dinner will begin at 7:30 p.m. followed by the dance at 9 p.m.

The Harvest Hayride is open to all officers here and at BuMed and their wives. Tickets are being sold at all of the Hospital Services.

Dental Wives

September 13 is the date for a welcome aboard luncheon for the Dental Officers Wives Club.

RAdm John P. Arthur, chief of the dental division of BuMed, will be the guest speaker for the luncheon.

With the theme "Anchors Away", the luncheon will begin at 11 a.m. Luncheon chairman Lois Pebley said that the menu will include onion soup, avocado stuffed with chicken salad, and chocolate chiffon pie.

MSC Wives

The Medical Service Corps Wives Club has scheduled a get acquainted coffee for September 7 at the "O" Club. The coffee begins at 10 a.m. and all MSC wives in the Washington area are invited.

The MSC Wives have announced that John Bennett has been awarded the first annual scholarship from the MSC wives.

John, who received the \$500 scholarship, is the son of LCdr Floyd Bennett. John will be attending the Rensselaer Polytechnic Institute in Troy, N.Y.

CPO Wives

The Chief Petty Officers Wives will hold their September meeting at 8 p.m. on the 21st at the CPO Club.

But the big news for the month is a picnic at Stone Lake on September 9th. The Chiefs Club and the CPO wives have joined forces in planning this event. The Chiefs' club will be furnishing the food and the wives are planning the games for the kids.

HM3 Parker selected Corpsman of Quarter

HM3 Robert B. Parker has been selected as Corpsman of the Quarter for the Hospital.

The citation with the award was signed by RAdm Felix P. Ballenger, commanding officer of the Center. New regulations provide that since the citation was signed by an officer of flag rank, Parker will receive points towards his next advancement.

During his tour here, Parker served in the coronary care unit; as 3-5 side senior enlisted corpsman; and finally as senior enlisted assistant to the commanding officer of the Hospital.

In the citation RAdm Ballenger stated, "you have demonstrated ability, integrity, diligence, and enthusiasm which are unexcelled."

"In your capacity, you have frequently been called upon to work with high ranking governmental and military personnel, including the President of the United States, and have always performed with utmost efficiency and courtesy. You have demonstrated a flair for both clinical and administrative tasks, and a particular zeal for special projects assigned you."

"Although your duties have been quite varied, your professional approach has always served you well, and you often identify and solve unique situations before they occur. Your polished air of self-confidence, coupled with effective leadership and "can-do" attitude have earned for you the true esteem of your seniors and the sincere respect of your peers."



HM3 Robert Parker is congratulated on his selection as Corpsman of the Quarter by Capt. Donald L. Custis, commanding officer of the Hospital. Parker's wife, Mary, looks on.

Twix the lines

Bell-bottoms OK again

CNO has approved a recommendation bringing back the traditional Navy Bell-bottoms, but this time with a different look. Moderately flared trousers have been approved for wear with the new enlisted dress uniform, and with officer and CPO dress blues as soon as they are available.

The uniform board has emphasized that tailor-made flares which are not certified by the Navy clothing and textile research unit are not authorized for wear. All flares must meet the specifications and approval of that unit.

The optional uniform item will first be available in Navy Exchanges. Flared trousers will not be issued.

The decision to authorize flares followed an earlier announcement that double-knit fabrics for dress blues have been approved.

Enlisted pub doubles number

(This is a message from the Commander-in-chief, Atlantic Fleet)

In a recent significant step taken to improve the communications link between personnel management and our enlisted community, the Chief of Naval Personnel established the enlisted personnel

(Continued on page 8)



photo by HM1 Steve L. Spring

An impromptu jam session, courtesy of the Overland Express. From left, Ivan Jorgenson on violin, Dave Baie on guitar, and Gary Dostalek on banjo, three of the five members of the new group called the Overland Express, strike up bluegrass sounds to the delight of the residents of EMQ 50. The other two members of the group, Wayne Casper, drums; and Marty Gurnik, accordian, tamborine, and jug, didn't make this gig. All the guys in the group are enlisted men stationed here.

CFC starts soon

The Combined Federal Campaign (CFC) will get underway at the end of September according to vice chairman LCdr Lawrence J. Jenkins Jr., officer-in-charge of the Navy Toxicology Unit.

RAdm Felix P. Ballenger, commanding officer of the Center, and Chairman of the 1973 campaign, said that the goal of the drive is 100 per cent participation.

Last year three of the Commands here reached 100 per cent, and two records were set. The amount contributed last year was \$4000 higher than ever before, and the average contribution was \$2 higher.

By donating to this campaign, you contribute to over 150 charitable organizations. If a contributor wants to designate some, or all, of his gift to a specific group, he can indicate this on the pledge card.

The campaign will be conducted with keymen in each command contacting personnel and giving them a pledge card. Each person just fills in and signs the card and returns it to the keyman. The amount selected on the card will be deducted automatically from future paychecks. A one-time cash contribution can also be made.

One copy of the pledge card is to be retained by the contributor for his income tax records (contributions are deductible).

Alcohol battle

(Continued from page 1)

for the program. BuPers (The Bureau of Naval Personnel) has a list of people who have already requested treatment.

"We also want people that don't think that they have a problem," added Dr. Miller. "It usually only takes a short time to clarify the issues."

Who is an alcoholic? Dr. Miller gives the most common definition. "An alcoholic is anyone that uses alcohol to the point that it interferes with his social, occupational, or personal functioning."

In the past, alcoholics in the Navy have been reluctant to admit their problem for fear of being discharged. Their fears are over, says Dr. Glass. "Our main thrust is to get a man back to duty at his old station. If a sailor wants to turn himself in as an alcoholic so he will be thrown out of the Navy, he misses the point. This program is to rehabilitate, not to punish or discharge."

The basic program is for six weeks, and is then repeated, so a person can enter the program at any time.

Patients in the program begin their day at 8 a.m. with a community meeting. In this meeting the patients look for answers to ward living problems, socialization difficulties and anything else that is bothering them.

Then at 10 a.m. they attend a lecture or film that tells them about alcohol and its effect on themselves, and their families, friends, and

co-workers.

At 3 p.m. patients in the ARU attend intensive group counseling sessions where they learn how the daily lectures relate to them as individuals.

In addition to the daily routine, the patients attend Alcoholics Anonymous meetings, both here and at other places in the Washington area.

"An important facet of the treatment," Dr. Miller points out, "is undermining the isolation that is so common to alcoholism. We try to rebuild their dignity and self-respect, which is so important in controlling the use of alcohol."

At least once a week the patient's family comes to the ARU for counseling sessions with the patient and a doctor. "We also encourage family members to join Al-Anon, a group for relatives of alcoholics," stresses Dr. Glass.

"We keep a person in the program until he has received maximum benefit," explains Dr. Miller, "then we send him back to work. We have him come back every week for an outpatient follow-up session. This follow-up is most important. It reinforces the steps that the patient has taken."

Counselors play a big role in the rehabilitation program. The counselors are former alcoholics that have completed a six month course to teach them to help alcoholics.

Outpatient counseling is available to everyone, but with the facility here limited to 15 in-patients at a time, the hospitalization program is open only to active duty people. For information on the program, call 295-0394.

Drug study

(Continued from page 1)

indicate that "some mild, but measurable cerebral dysfunction is likely. Abstract abilities tend to be the most impaired by generalized cerebral damage."

One test that is sensitive to brain damage and measures abstract ability was found to be the most difficult for the drug users.

Dr. Acord thinks that the study here will confirm his earlier findings, but will be more reliable because of the additional controls.

Working here with HM3 Don Barker, he has tested 25 subjects who have used hallucinogens, concentrating on the three tests that tend to measure frontal lobe functioning that the drug users did poorly on, rather than using the entire battery of tests used in the earlier study.

Now Dr. Acord and HM3 Barker are in the

process of locating and testing 65 volunteers who have never used hallucinogenic drugs.

When his first study was published in "Military Medicine" (Jan 1972), Dr. Acord was swamped with over 200 requests for reprints from all over the world.

Other investigators have begun looking for pathological evidence of brain damage from hallucinogenic drugs, but Dr. Acord feels that it will be many years before physical evidence of brain damage from the drugs could be determined.

Anyone wishing to be a subject in the study may call Dr. Acord at 51085. Subjects must be male, 17-30 years old, and have never used a hallucinogenic drug. Marijuana use by subjects is not important in this study.

The tests take about an hour and do not involve drugs, needles, or pain.

Three Centerites make All-Navy

Three softball players from the Hospital team were picked up by Naval Air Station Patuxent River, the winners of the Naval District Washington intramural tournament, and went on to help win the North Atlantic Regional and the all-Navy tournaments and then to second place in the Inter-service tournament.

Starting with the Regionals, the NNMC players sparked the team to an undefeated record for the tournament. Augusto M. Uy of NMRI, relieved the starting pitcher in the second game for a save, then won the third game. To further help the cause he batted .333 for the tourney.

Butch Cory, of the Hospital, helped win the final game by slamming two home runs. He ended up batting .667 for the three games.

Les Swafford, of the Hospital,

sparked the defense, and batted .600 for the series.

After winning the regionals, the NDW team represented the North Atlantic in the All-Navy competition at Davisville Rhode Island. The team won four and dropped two, to capture the honor of representing the Navy in the Inter-Service tournament.

As usual, the Center players were in the thick of it. Uy batted .333, Cory batted .450, and Swafford batted .300.

Uy pitched all four winning games, while only dropping one.

The team then went on to Camp LeJeune North Carolina for the Inter-Service tournament. There they ended up with a three and three record, the same as the Army team. Rather than play off the tie, a point system was used, and second place went to the Army

with the Navy in third.

The Air Force took the tournament with a 5-1 record and the Marine Corps finished last, with 1-5. The winning Air Force team will go on to represent the Armed Forces in the Nationals to be played at Jacksonville, Florida, and Butch Cory will go with them.

Cory Batted .580 at the Inter-Service meet, and swatted four home runs, one of them a grand slam.

After finishing in second place at NDW, and with three Center players playing a big role in the higher competitions, Uy feels that next year it could be a team from the Center going all the way.



All the way to the Inter-Service tourney. From left, Butch Cory of the Hospital, Augusto Uy of NMRI, and Les Swafford of the Hospital were picked up by Patuxent River.

He went - he shot- he's back

An old face is back in the Oral Surgery service of the Hospital. DT2 Don Motyka has returned from a three month tour with the Navy Rifle Team. Motyka arrived laden with medals, including first places in two different competitions.

After a few weeks of practice, the team, composed of Motyka, LCdr Weber Wright of the Naval Academy, Ltjg Norman Harris of BuPers, and CBI Gary Price of Ft. Belvoir, went to Phoenix. There they competed in the 12th International Shooting Competition. This was also the tryout for the U.S. Olympic shooting team.

At Phoenix, Motyka shot in four events. In the air rifle event, he placed 13th in a field of 250 shooters.

He received a Bronze Medal for placing seventh in the Small Bore English Match Event. Joining with Price, the pair took sixth place in the team competition for this event.

Moving on to the Small Bore-Position event, Motyka finished 13th out of 200. Again teaming with Price in the team competition, they took ninth place.

Motyka finished 15th in the Center Fire-Position event giving him a 13th place over-all for the match. This makes him the ninth alternate for the Olympic team of four shooters.

After competing in the regular events at the Phoenix match, Motyka joined with nine others in shooting an additional Small Bore English Match event for score. The scores will be sent to the Ninth Canada International Small Bore Competition. When the Canadians have received the scores of 40 ten-man teams from all over the world, they will declare the top ten shooters.

Leaving Phoenix, the Navy team went to Quantico, Va. for the Quantico Regionals.

There, Motyka won the National Trophy of the National Board for the Promotion of Rifle Practice. He finished first out of 70 competitors. This also earned him the Navy Distinguished Rifleman Medal, the highest medal given by the Armed Forces for shooting.

Next the team went to Camp Perry, Ohio for the National Rifle Championship.

Motyka tied with a Marine for open winner in the 100-yard Metallic Sight match. There would usually have been a shoot-off to determine the winner, but rain that had fallen all through the match stepped up its pace, and it was decided to declare two winners.

In other events at Camp Perry, Motyka took first place in two air rifle matches, and second in two others. He also finished fifth place in two of four position matches.

Motyka returned bearing the last traces of black eye, and asserting how good it was to get back to work. The black eye came from testing high power loads for long range shooting.

The receiver of Motyka's rifle was worn, causing the failure of a safety feature. When the rifle was fired, the casing slammed the bolt back, throwing out pieces of gun and brass, giving Motyka the black eye, and cutting the face of a neighboring shooter.

"Maybe that's why I flinched," said Motyka, referring to a poor showing the next time he fired in a large bore match.

Four fight for first

As we go to press, four teams are vying for the 1972 intramural softball championship.

The Hospital team (winner of the American League first half) will meet PT-OT (winner of the National League second half). NMRI (winner of the AL second half) will face the Residents (winner of the NL second half).

Sports shorts

GOLF

The Fleet Reserve Association won the second half of the golf season and will play the NNMC team for the championship.

The FRA team and the Center team were tied for the second half, and FRA won the playoff match.

Over thirty players competed in the Commanding Officer's tournament. It was match play for 18 holes, based on handicaps.

The winners of the Championship Flight were: T.H. Spencer, 1st.; H.N. Wheeler, 2nd.; and R. Keck, 3rd.

The First Flight winners

were: Felix P. Ballenger, 1st.; and Ed Garnett, 2nd.

The winners of the Second Flight were: C.E. Stilzel, 1st., and R.S. Filo, 2nd.

The Club Championship begins September 5th under the same rules as the CO's tournament. The championship is open to NNMC players, and will last the entire month.

ARCHERY

Four people from the Center will be shooting in the NDW Archery tournament to be held at Annapolis.

Gary Thornhill, Michael Loe, Clayton Hartley, and Richard Fine hope to repeat last year's winning performance.



Ray Johnson, left, teamed up with Dave Hammond to win the doubles title at the NDW intramural tennis tournament. They won in straight sets (6-2, 6-3).

Hammond also won the singles championship, beating Tom Kuhn (7-5, 6-3). Kuhn had eliminated Johnson in the previous match.

Two other players from the Center were at the tourney, but were competing in the varsity matches. Bob Salembier of NMRI, joined Rulf Wulfsberg to capture the doubles championship, and Bill Trott of the Hospital took the singles title. Trott won by beating Wulfsburg who was the defending champion.

Insurance seminar

If you entered on active duty prior to April 1951, or if you may be separated with a disability, then a seminar to be given by Doug McCay is of special interest to you.

National Service Life Insurance is the subject of the seminar. It will be held in Room 325 of Building 1st 10

a.m. on September 15.

McCay, who is the Veterans Administration representative here, will discuss beneficiary designations, new dividend options, and reinstatement or replacement of lapsed or surrendered policies.

The seminar is open to all staff and patients.

by Dr. Zory Glaser
"Career Exploring" is a phrase which aptly describes Medical-Specialty Explorer Post 437. The co-ed Post, sponsored by NNMC, has, for the past two years, helped young adults to explore the areas of medicine, dentistry, and nursing, as well as many other related fields. This has assisted them in planning for their future.

Past programs have included lectures, films, and tours of clinical and research areas, such as radiation medicine (including diagnostic x-ray, radio isotope therapy, radiological monitoring, radiation safety, and non-ionizing radiation research), underwater physiology and diving medicine, biomedical research, first aid, toxicology, pharmacology (especially as related to the drug scene), clinical laboratory techniques, veterinary medicine, and physical and occupational therapy. The Post has been welcomed in the various areas of the Naval Hospital, as well as the Naval Medical Research Institute, the National Institutes of Health, the National Library of Medicine, the Navy Experimental Diving Unit, the Armed Forces Institute of Pathology, and the Navy's School of Salvage and Deep Sea Diving.

Due to vacation plans and

full time jobs of many of the members, the regular twice-monthly meetings of the Post have been suspended for the summer. They are scheduled to resume about the first week in September, and are normally held at 7:30 p.m. in the Radio Isotope Therapy Classroom, Bldg. 104 of the Center. Anyone (guys and gals) who has interests in medicine, dentistry, nursing, or other health-related

professions, is invited to the meetings. To join you should be between the ages of 15 and 18 inclusive, (14 if in ninth grade, 21 if still in school). Contact the Post President, Doug Smoot (656-6143), Secretary, Robin Howard (649-4291), or the Post's Advisor, Dr. Zory Glaser (295-0372), for more information. Your help in planning the program is most welcome.

Twix

(Continued from page 7)

distribution bulletin (Link) in March.

The 44 page March issue of Link contained a wealth of information on personnel matters, including items of general interest from sea/shore rotation, and shore opportunity, to a listing of Navy Lodges. One half of the issue was devoted to rating information of interest to all enlisted personnel from their detailers. Detailers names and telephone numbers were included.

This document goes a long way toward removing the mystery and rumor heretofore associated with some of BuPers' policy decisions and their downstream impact on enlisted personnel.

Equally important, Link provides commanding officers, division officers, and career counselors, with invaluable and timely personnel information with which to counsel their men and women.

Though 50,000 copies of the March Link were distributed to the standard Navy distribution list on the basis of one copy per ten enlisted billets, indicators received from various enlisted groups are that very few (less than 10 per cent) have seen or heard of this important publication. For example, during the recent radarman retention study group, not one member had seen Link, even though it had been on the street for a month. Spot check surveys with many individuals and commands indicate a similar lack of familiarity.

Because of the above, and in an attempt to ensure that Link gets into the hands of all personnel, the Chief of Naval Personnel has doubled the number of copies of the second issue of Link.

The pride and the professionalism

On October 13, those on Navy ships and at shore stations throughout the world will be celebrating the Navy's birthday. They will be celebrating 197 years of "pride and professionalism," for that is the theme for this year. On the 13th, way back in 1775, the Continental Congress first authorized the purchase of ships, and the establishment of a navy.

One of those first ships, the "Alfred", carried Joseph Harrison, the first naval surgeon. His skipper was a young lieutenant named John Paul Jones. In 1775, ships' surgeons were not commissioned, and received \$25 a month for their efforts. They were appointed just for the duration of a cruise, at the whim of the ship's captain.

Then on January 6, 1776, Congress passed an act that allotted surgeons and surgeons' mates to each armed vessel, based on the size of the vessel's fighting battery.

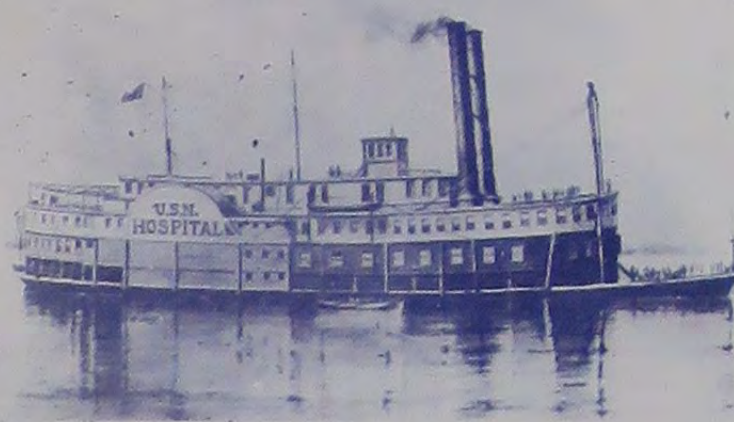
The size of the Navy went up and down in the early years and at one point it ceased to exist for a few years. The number of surgeons varied with the Navy. In 1880 a register of officers and ships listed the names of 35 surgeons and 28 surgeons' mates.

Histories usually mark the growth of the Navy by outstanding battles and by the commissioning of new types of ships. The history of the medical department is also marked by the ends of battles but they were usually administrative in nature, and were for improved conditions or procedures.

On February 26, 1811 Congress authorized naval hospitals, although it wasn't until 1821 that the first land for a hospital was purchased, and until 1827 when first construction was begun.

In 1841 the Bureau of Medicine and Surgery was established. The Medical Corps was born in 1871. The Hospital Corps was established in 1898; the Nurse Corps in 1908; the Dental Corps in 1912; and the Medical Service Corps in 1947.

Much harder to pinpoint, however, are advances in the practice of naval medicine. While a decisive battle against an enemy ship usually lasts a few minutes or a few hours, the battles against disease span hundreds-even thousands - of years.



Almost every school child knows of John Paul Jones, Commodore Perry or Admiral Farragut, but few have heard the names of Dr. Edward Cutbush, Dr. Lewis Heerman, Dr. Usher Parsons, Dr. William P.C. Barton, Dr. Elisha Kent Kane, Passed Assistant Surgeon E.R. Squibb or Surgeon Ninian Pinckney.

These men were pioneers in many fields of medicine, and in many cases developed clinical and administrative procedures that were adopted by military and civilian medical people throughout the world.

Dr. Edward Cutbush, called the "Grand old man" of Navy medical pioneers, published a book in 1808 called "Observations on the Means of Preserving the Health of Sailors and Soldiers, with Remarks on Hospitals and their Internal Administration." This work was a forerunner of American contributions to literature on naval medicine. Dr. Cutbush and others urged the con-

struction of naval hospitals, and in 1813 Cutbush assumed command of what passed for a naval hospital in Washington, D.C.

He made many proposals for improving medical standards. They were disregarded at the time, but were put into practice many years later. For instance, his scheme for the organization of the medical department was proposed in 1815, but not adopted until 27 years later.

Dr. Lewis Heermann was born in Germany. He came to the U.S. when he was 20 years old, after completing his medical education in Germany. He was appointed a surgeon's mate in the Navy in 1802. He was quite wealthy and took several extended leaves of absence to study medicine in various countries.

In 1810, Heermann was sent to New Orleans at the request of his commanding officer, who had been ordered there. When Heermann found no naval hospital there, he purchased a group of buildings and a few slaves, and created one. He then rented the facilities to the government for \$140 a month.

Dr. Usher Parsons was known as the foremost clinician, surgeon, and scholar in the Navy medical service during the first quarter of the 19th century. First turned down for surgeon's mate, his application was reconsidered, and he received a commission in 1812.

An epidemic of pleuropneumonia at his first duty station enabled him to make extensive observations which formed the basis for his first medical publication.

In June 1813, Parsons accompanied Oliver Hazard Perry to Erie where he spent the summer studying "lake fever" (malaria). During the Battle of Lake Erie, on September 10th, Perry and half of the officers and men, including all the doctors except Parsons, were sick with malaria. Parsons was the only one who was able to carry on the surgical work during this battle. He noted spending September 11th doing amputations. There were 21 killed and 63 wounded on his ship during the battle. Only three of the wounded died.

He then did extensive traveling aboard Navy ships, during which he visited hospitals, clinics, and medical centers. His detailed reports were a big asset to the developing Navy Medical Department.

Altogether, Dr. Parsons published 58 works, many on subjects of military surgery and naval history. Even after resigning his commission in 1823, Dr. Parsons retained an interest in naval affairs. In 1850 he published forceful editorials against flogging in the Navy.

Dr. William P.C. Barton is known for his organizational and administrative accomplishments. From his first tour in 1809, aboard the frigate "United States", he never stopped agitating for adequate supplies, a system of coordination, and better medical facilities. In 1814 he published his "Treatise Containing a Plan for the Internal Organization and Government of Marine Hospitals in the United States, together with a Scheme for Amending and Systematizing the



National
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NEWS

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Medical Department of the Navy."

He was the first to propose better physical standards in recruiting, and was the first proponent of maintaining medical records. When the Bureau of Medicine and Surgery was created, he was chosen to be the first Chief.

Soon after his graduation from medical school in 1842, Dr. Elisha Kent Kane co-authored an article which finally disproved a controversial test for pregnancy. He then accepted a commission as Assistant Surgeon in the Navy.

A few years later, Dr. Kane became front page news throughout America because of his exploits, first as senior medical officer of an expedition to search for an Arctic exploration party, and later as commander of a second expedition for the same purpose.

The list of accomplishments by medical officers goes on and on, including the work by Dr. Edward Rhodes Stitt on tropical medicine and the process developed by Passed Assistant Surgeon E.R. Squibb to cheaply manufacture chloroform and ether in large quantities.

All through the history of the Navy, people of the Medical Department have been on the front lines both of military actions and of medical crises. In many battles of World War One, World War Two, The Korean War, and other conflicts, medical personnel suffered a greater percentage of casualties, and received a greater percentage of citations than their fighting counterparts.

The tales of heroism by doctors, nurses and corpsmen would fill a large volume, but the story of VAdm. Joel T. Boone is one of the most outstanding. VAdm. Boone is the most decorated naval medical officer in U.S. history. His list of decorations, both U.S. and foreign, begins with the Congressional Medal of Honor, and continues for two typewritten pages. He received the Medal of Honor for heroism when he was serving with the Sixth Marine Regiment in France in World War One.

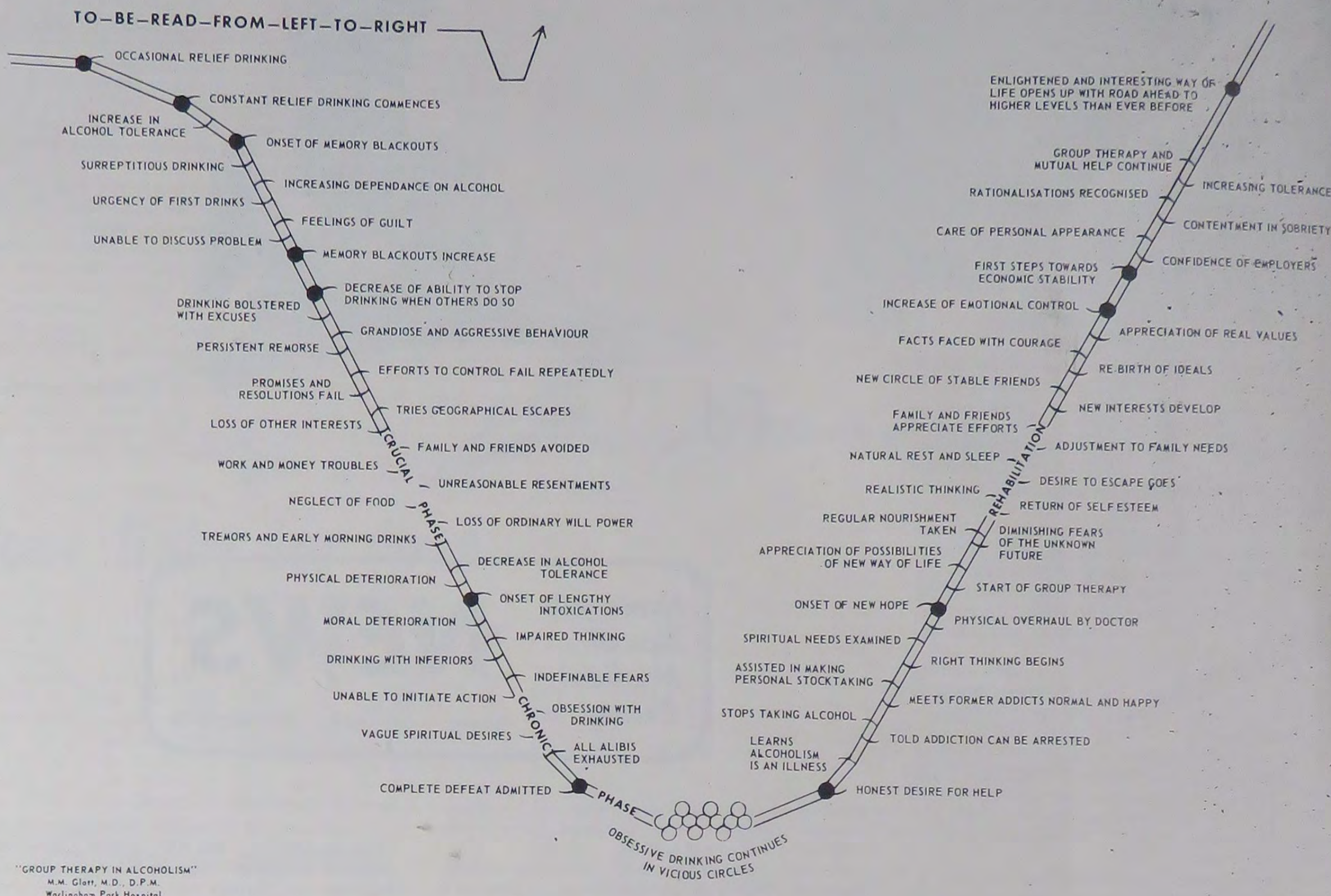
Personnel here at the Center have contributed their share to recent naval history. Although the Center has only been here for the last 30 years, it has been the scene of many medical breakthroughs.

Freeze drying of tissue for transplants was developed at NMRI. Inexpensive, custom made, life-like plastic eyes were perfected at the Dental School. The high speed turbine drill, now used by dentists everywhere, was invented at the Dental School.

NMRI investigators were the first in the U.S. to use telemetry. Many more firsts, both large and small, have earned a spot for the Center in any history of naval medicine.

So when Navy men the world over pause on October 13th to reflect with pride on 197 years of professionalism, the members of the Navy Medical Department can stand tall, knowing that they have helped to create and uphold the highest traditions of the Navy.

A Chart Of Alcohol Addiction & Recovery



Chaplain's Column

Men are miracles

by Chaplain Donald Mimbs

Cecil B. DeMille who produced so many movie spectaculars once described a minor spectacular, produced by nature, which left a deep impression on him. Resting one afternoon beside a lake, he watched a large black beetle sluggishly climb out of the mud onto a sunny dry spot; there it apparently died. Moments later, however, its back slowly split open and from it emerged a shapeless mass that was quickly transformed into a beautiful dragonfly, with iridescent wings flushing a thousand colors. "Before my eyes," he wrote, "occurred a metamorphosis - the transformation of a hideous beetle into a gorgeous thing of beauty. I had witnessed what seemed to be a miracle. And the thought came to me that if the creator works such wonders with the lowliest of creatures, what may be in store for mankind?"

Editorial

The rule of the majority?

From early childhood our memories retain classroom definitions of democracy.

...A government "by the people" run by the rule of the majority.

The majority? With our lack of voter turnout, we deny ourselves the privilege of leaders selected by the majority.

We live in a country under democratic rule. And yet, an apathetic attitude among our citizens denies those privileges granted in such a society: majority rule; a government "by the people."

This year, as always, voting is an essential part in the formation of a good government.

Those of us involved in the defense of our country and its national security are especially

responsible for taking an active part in the selection of national leaders.

Absentee balloting makes it possible for members of the Armed Forces away from home to cast their votes.

Becoming familiar with the candidates, their proposals, and voting, is the responsibility of all U.S. citizens. And yet, in past years, as few as 30% of all eligible voters cast their votes. When the majority has no vote the majority has no voice.

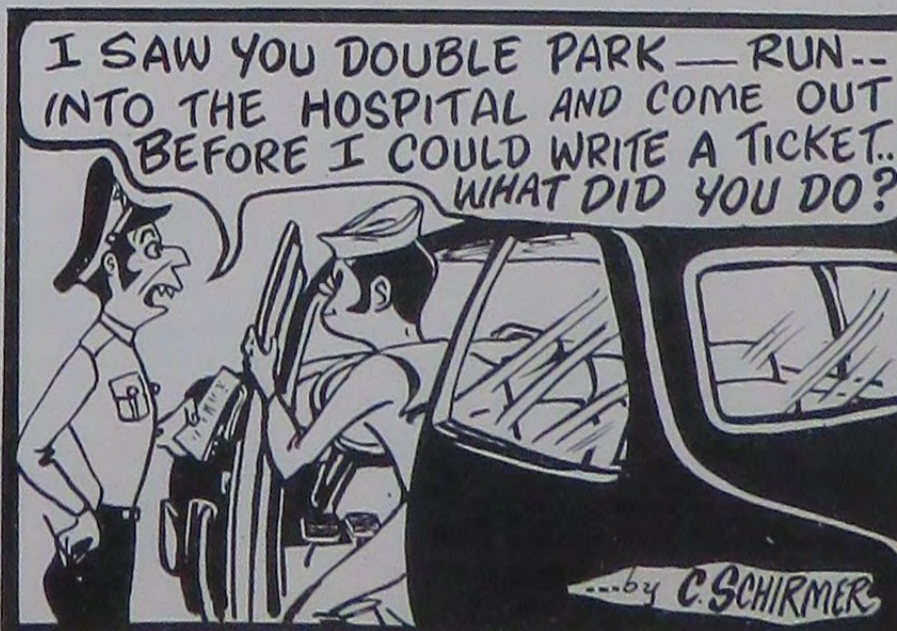
The caption of a recent political cartoon of Uncle Sam published in a leading newspaper read, "They say I'm apathetic...but I don't care." Do you?

NNMC NEWS
National Naval Medical Center
Bethesda, Maryland 20014

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CAPT F.B. ESSMAN, MSC, USN
COMMANDING OFFICER
DEPUTY COMMANDING OFFICER
ADMINISTRATIVE OFFICER

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Capt. E.J. Rupnik, MC, USN C.O. Naval
Medical Training Institute
RADM W. H. Hagerman C.O. Naval
Graduate Dental School
Capt. T. Richter, MC, USN C.O. Naval
Medical Research Institute
Capt. W.J. Green, MSC, USN C.O. Naval
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NMRI Honors Miller

HM2 Ted Miller has been chosen as "Sailor of the Quarter" by the Naval Medical Research Institute.

Miller has been working in the tissue culture lab of the microbiology department of NMRI for 16 months.

It is no accident that Miller was assigned to NMRI. He was a student in the laboratory school at the Great Lakes Naval Hospital. Upon



HM2 Miller

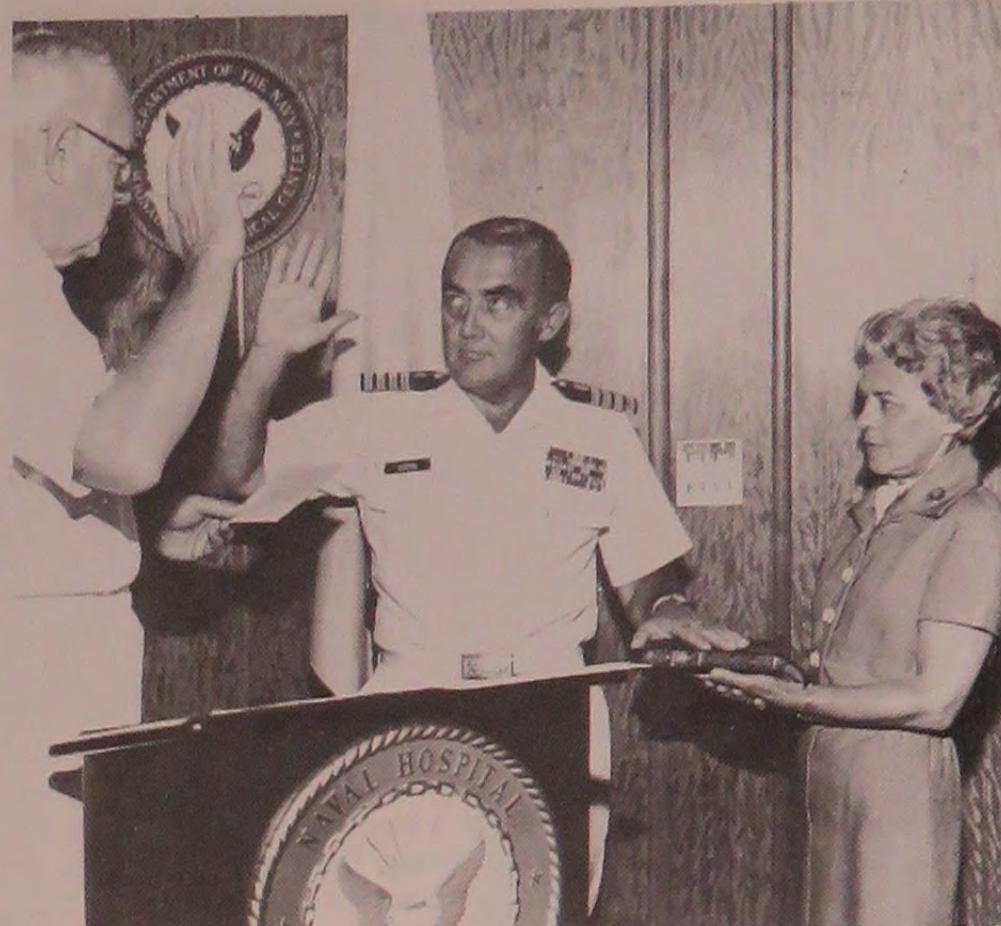
graduation, students pick their assignments from those available. Students with the highest final grades choose first, and Miller was the honor man in his class. Since he is from Rockville, he did not hesitate in choosing the Center.

His work at NMRI is a natural for him, since he did almost exactly the same things at the National Institutes of Health, and at Flow Laboratories in Rockville, before joining the Navy. "The work is kind of repetitious," he says, "but I really like it."

He grows tissues for use by NMRI investigators in their research. "It's easy to contaminate them," he warns, "and one slip can hold up an investigator for weeks."

Capt Tor Richter, commanding officer of NMRI, cited Miller for his extra effort, "by reading background literature, with resultant increased expertise, coupled with your willingness to work many extra hours, you qualified yourself for and completed tasks exceeding those normally assigned to a Petty Officer Second Class."

When not growing tissue or studying, Miller enjoys biking and back-packing. In August he spent two weeks in Vermont, back-packing on the Appalachian trail.



VADM George M. Davis, surgeon general of the Navy, administers the oath to Donald L. Custis, upon his promotion to Rear Admiral, Medical Corps. RADM Custis has been commanding officer of the Hospital here since 1970. Holding the bible is RADM Custis' wife Phyllis.

RADM Custis is the first person to continue as commanding officer of the Hospital after being promoted to flag rank.

EEO — "People must take that extra inch"

There is an Equal Employment Opportunity (EEO) program at the Center, and one of the EEO committee's biggest jobs is spreading the word about it, according to the new chairman, David S. Frager.

"Most complaints here are very small," he observes, "mostly from people that do not understand their position descriptions, and think they are under utilized or over utilized."

A big problem, Frager says, is "latent non-affirmative action." "People must take that extra inch," he explains. "They must create intermediate level jobs as transitions. And only by identifying training positions, and hiring at the entry level, can we give people that can do a better job the incentive and opportunity to do so. We must actively seek these jobs out." Frager points out that there are already five positions in Public Works that are strictly for upward

mobility.

"We also have counselors," continues Frager, "who are predominately minority group people." The counselors try to help people solve problems and resolve complaints of discrimination before they become big problems. They can tell people who to see for help with their problem.

"What is going to make the EEO program work at the Center," stresses Frager, "is that admiral Ballenger (CO of the Center) is concerned, and that we have a full time coordinator (Leon Brunson)."

Among the functions of the EEO committee, is that of watchdog over the affirmative action program and other EEO programs. The committee serves as a staff advisor to RADM Ballenger on all EEO matters.

The committee works with groups outside the Cen-

ter in matters that can affect employment here, especially education and training programs.

The committee is also charged with recommending "specific new approaches" to continue a "results oriented" program. In addition to Frager, the members of the new EEO committee are: Lorritta D. Powell (deputy chairman); Lt. J.C. Biaselle; Lawrence Gray; Barbara Wilson; Xanthippe A. Anastos, John Thomas, Anne E. Green, Robert Stroud, Bernard R. Carter, Effie I. Jackson, and Howard Berloff.

Also, Marie Frazier, LaMar Hannie, William Smith, Helen M. Martin, Leon Brunson, Phyllis A. Witherspoon, Jeanette Goines, Edward A. Beall, Dr. Norris Weinberg, Colden Brothers, and Mary Campbell.

The committee meets on the fourth Wednesday of each month.

Lt. Cox gets Achievement Medal for MILPHAP work

Lt Peter T. Cox, a student at the Naval School of Health Care Administration, has been awarded the Navy Achievement Medal for his actions as Officer-in-Charge of MILPHAP Team N-9 in Vietnam.

Lt Cox's team was in the province of Chau Doc, which he called a "good area," meaning it was fairly stable. When he arrived here this summer for school, he ran into a member of the first MILPHAP team at Chau Doc. "He didn't believe what I told him, it was too good," laughed Cox, "and I didn't believe what he told me, it was too bad."

"The area is stable now," he explains, "at least compared to before. Now over 70 per cent of the children attend school compared to 30 per cent three years ago. We helped them set up garbage collection

and disposal points. Now they don't just throw it into the streets. We helped them set up inspection programs for restaurants and other food service facilities. We also helped them develop public latrines, and established an immunization program in the schools."

To help motivate the Vietnamese, Lt Cox and his group helped establish six "sanitary hamlets." The hamlets, each with 20 to 30 homes, were set up to demonstrate to the people what living conditions could be like if they follow the sanitary recommendations of the MILPHAP team.

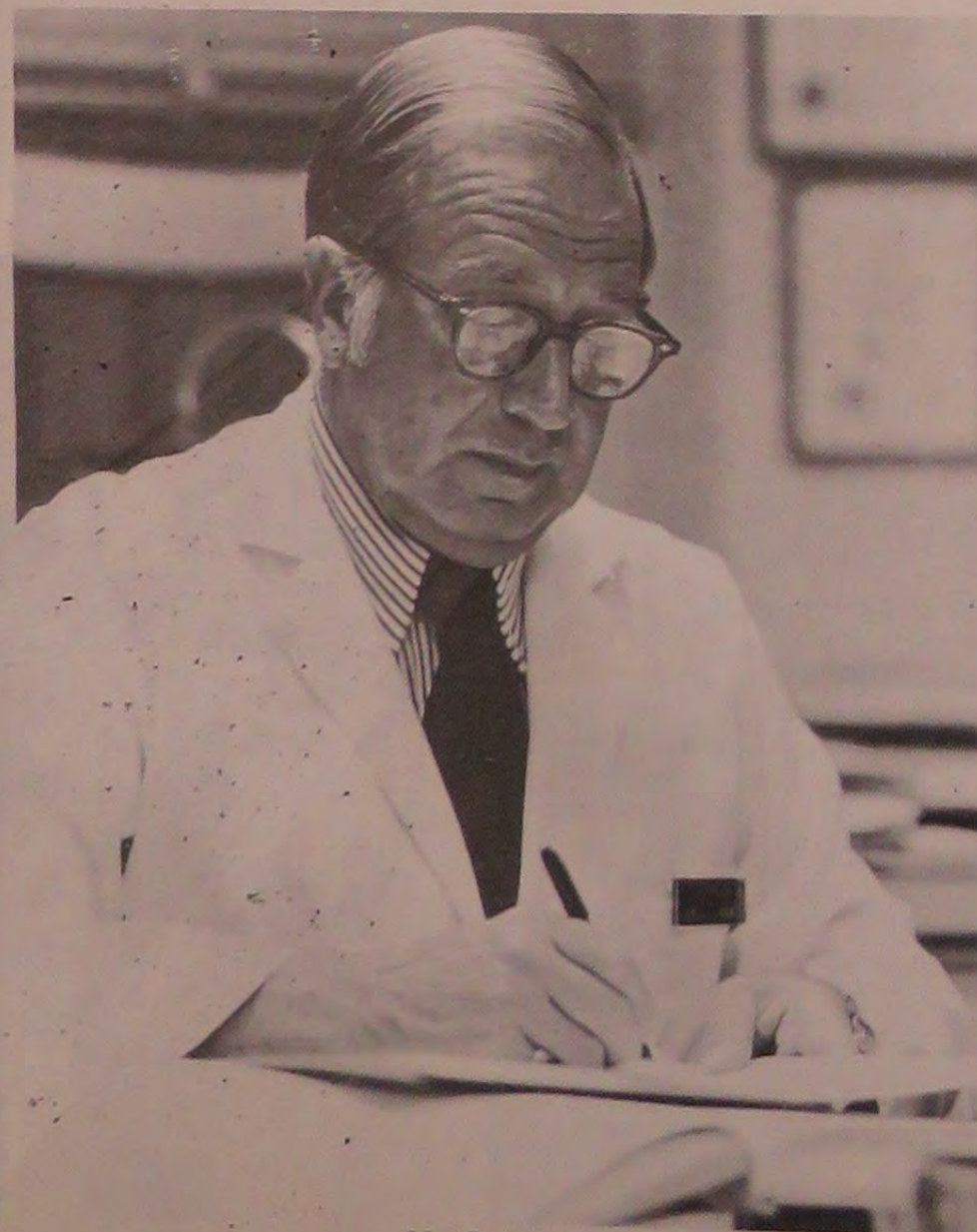
"We worked closely with the Vietnamese Public Health Service," stressed Lt Cox. "They really wanted to learn. The things that we take for granted, they have yet to achieve."

Lt Cox's MILPHAP team was one of two there that did not have physicians as members. "We were public health oriented," he explains, "You just have to use what you know from living here in the U.S."

Before receiving his commission in the Medical Service Corps, Lt Cox was a preventive medicine technician. When commissioned, through the in-service selection program, he was working with the Chinese Public Health Service in Taipei Taiwan.

He is now a student in the health care administration course at NSHCA, and will graduate in June. With the credits he will earn in this course, he will be just six hours short of a bachelor's degree, but he hopes to earn the extra credits needed before graduation time.

Medical photography head elected to BPA board of registry



Mr. Stringer

For over 25 years, John T. Stringer Jr. has been in at the beginning of the training of medical photographers. Now he is also involved at the other end.

Mr. Stringer, who has been head of the Medical Photography Division of the Naval Medical Training Institute since 1947, has just been elected to the Board of Registry of the Biological Photographers Association (BPA). The Board administers a program to certify qualified medical photographers.

Mr. Stringer has been a member of the BPA since 1946, and was among the original photographers certified when the program began in 1967.

There are only about 350 registered biological photographers (RBP) in the country. This year six have applied and only two have met the requirements so far.

Candidates for RBP must first pass a written examination on all aspects of the theory and practice of biological photography. Then they must submit photographs and movies on a number of assigned subjects. Finally the candidates must take an oral examination on all aspects covered by both the written and practical exams, and must give a ten-minute presentation on an aspect of biophotography.

RADM E. R. Stitt was the father of naval medical photography, according to Mr. Stringer. Back in 1932 RADM Stitt set up a photo lab at the Medical School which was then located where BuMed is now. At first the physicians there did their own photography, then they began training a couple of corpsmen.

When the school moved here in 1941, the lab

moved too and was established officially by the Chief of Naval Operations. Until 1945 the program was strictly on-the-job training. In that year, BuMed established the School of Medical Photography, and made it a class "C" school.

The first class began in June 1945 and was graduated in December. Since then there have been 55 classes with 330 graduates. Originally a 26 week course, in 1970 it was extended to 30 weeks.

Over the years the staff and students have been active in many projects, including illustrating the Hospital Corps Handbook, and a two-volume Color Atlas of Pathology. The Atlas, produced in 1946 (Volume 1) and 1954 (Volume 2) was the first of its kind.

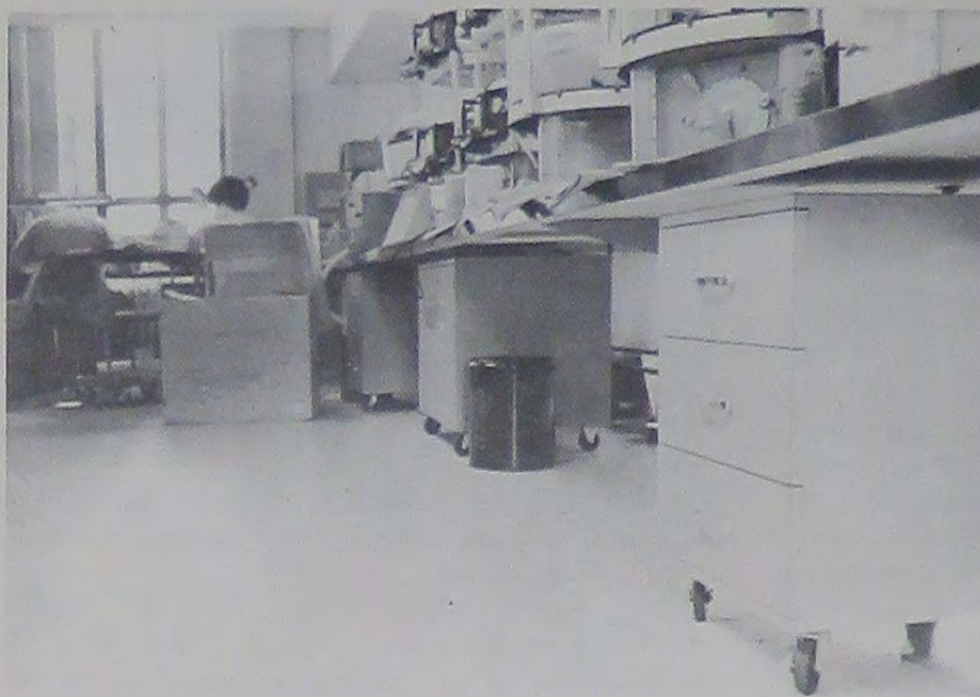
Mr. Stringer started in medical photography in 1947, and recalls using a movie camera cranked by hand. He first came to the school in 1941 as a Medical Service Corps officer. He was transferred soon, but returned in 1947, and has been here ever since. He was head of the school as an MSC officer until his retirement from the Navy in 1949, then remained as a civilian.

He photographed the Stratolab balloon ascents by NMRI, as well as the Sky Hook project (a method to rescue downed flyers).

But despite his accomplishments in medical photography, his favorite subject is swimming in general, and his son Rick's swimming in particular. Rick Stringer was the captain of the Naval Academy swimming team in his senior year, and was picked for the All-American swimming team. He holds the Academy record in the 200-yard backstroke.



(Above) This picture of the pathology lab would not have been possible before the remodeling. From the right foreground to left background used to be the walls of a corridor. Tearing down the walls created a large room that increased the efficiency of the lab through better work flow, and a more pleasant atmosphere.



(Above) All the cabinets in the pathology lab are on wheels, and the tables are suspended from "unistruts" so that everything on the floors of the pathology lab may be moved for cleaning.



(Right) Most of the working surfaces of the pathology lab were custom made by public works people.

Center spaces shipshape

Many students, physicians, and investigators at the Center will have an easier time of it, thanks to massive remodeling done by the people in public works over the past nine months.

New lab furniture, better lighting, fresh paint, new dropped ceilings, and new layouts, should aid the staff here in fulfilling the Center's triple missions of patient care, training

and research.

The air conditioning of the Tower Building complex provided the opportunity for much of the renovation. Since the individual labs and offices had to relocate temporarily as the air-conditioning progressed, the public works people just followed the progress of the air-conditioning contractor.

While many spaces just got a face lift (new

ceiling, and paint) others were reworked the bottom up - walls were moved or removed, new plumbing and electrical circuits installed, new furniture (some custom made by public works people here) was installed, and waiting rooms created or expanded.

Public works people have done more remodeling work this year than in any year since the Center was built in 1942.



(Left) The office of the Physical Evaluation Board is typical of the many offices to get new ceilings, lighting fixtures, and paint.

(Above) The waiting room in the physical therapy department of the Hospital, is one of several created to make waiting time (if any) more pleasant for patients.

(Right) A lab at NMRI is one of many to get a face lift.



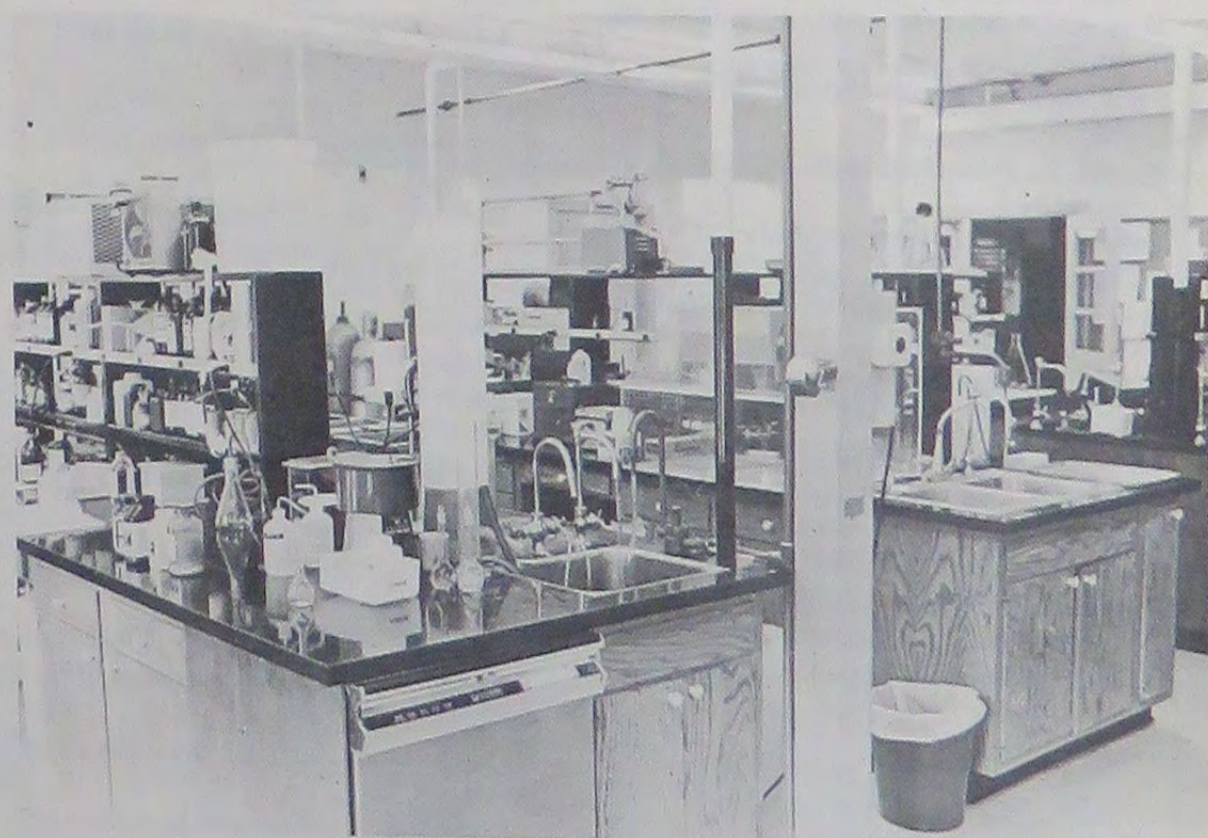
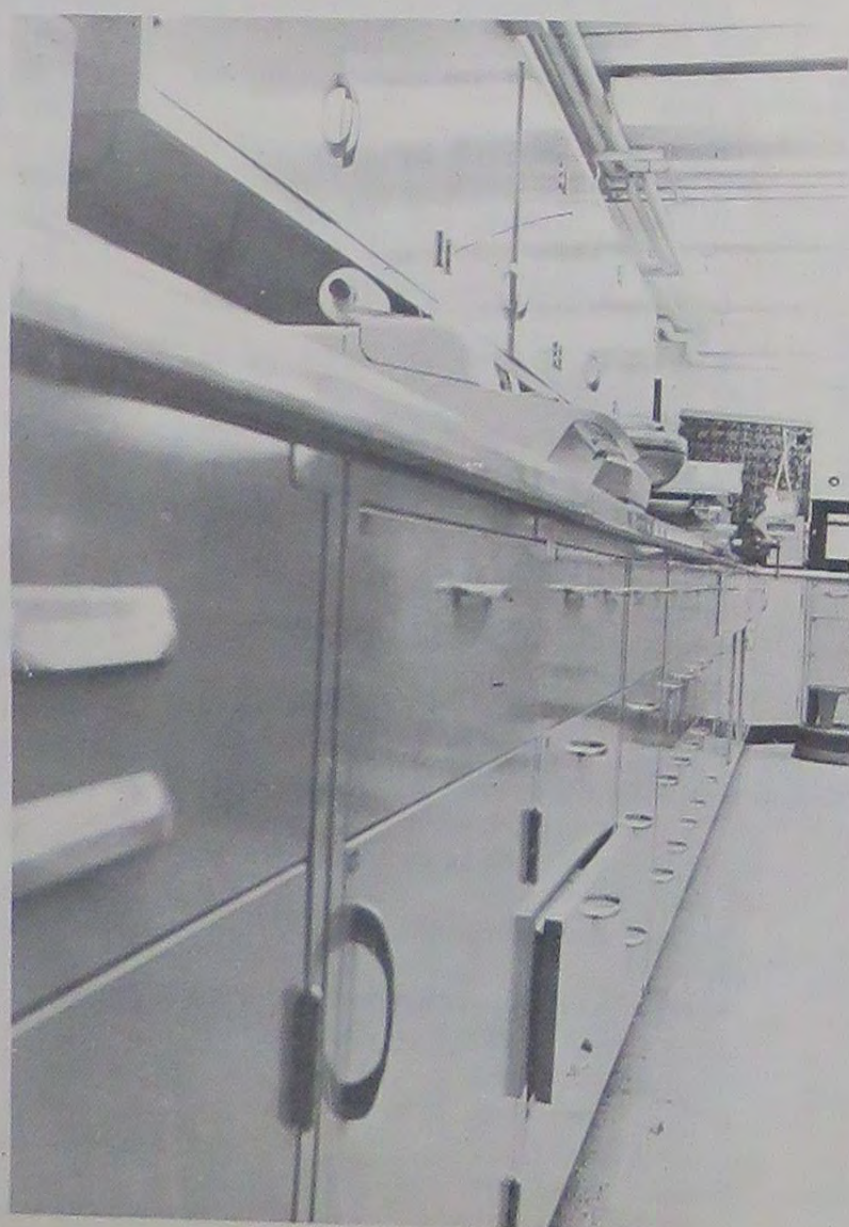


(Above) the bacteriology lab moves into completely renovated spaces. Scenes such as this one have been repeated many times over the past nine months. People in labs, offices, and other areas have left old, depressing, and inefficient rooms, then returned days later to a bright, fresh, and redesigned area.

(Left) The "new" bacteriology lab is open for business.



photos by B. Lowe



(Left and above) The experimental medicine division of NMRI was "the biggie" in the recent remodeling projects. In addition to the new paint, lab furniture, etc., extensive reworking was done on the plumbing and electrical circuits.



HM1 Walter J. DeSelm is congratulated by Capt Bythel Dutton, executive officer of the Naval Medical Training Institute. DeSelm was the honor man in the Medical Photography Technique graduating class.

Five other students completed the seven-month course. They were HM2 Peter R.B. Grattan, HM1 Robert G. Johnson, HM2 Phillip M. Lappin, HM2 Landis J. Rohrer, and HM1 Steven L. Spring.

Guest speaker for the graduation ceremony, was LCdr Edward W. Hard, head of the media department of NMTI. Dr. Hard pointed out that there are two sides to a successful career in medical photography. One side is the knowledge gained in a course, and the other side is creativity.

The measure of success, he asserted, is the phrase, "and then some." It is not only staying up all night working in the darkroom, but also getting up early Saturday morning, and coming in to complete a job.

The graduates in the class will be stationed at six different naval hospitals in the U.S.

Mandatory education considered for nurses

The 208 nurses here, and others throughout the country, may soon be required to attend inservice education programs to maintain their licenses, under legislation being considered by Maryland and several other states.

California has already passed a law, which goes into effect in 1975, requiring nurses to have additional professional education before they can renew their licenses each year.

In addition to Maryland, three other states, Tennessee, New York, and Colorado, are considering legislation similar to California's.

To help nurses here fulfill any requirements that may arise, the inservice training program has been expanded. It now includes training sessions in the various nursing specialties in addition to the sessions on general nursing.

The general interest programs are held at 2 p.m. in the NNMC

auditorium on the third Wednesday of each month.

Coming up in the medical specialty area, are programs on alcoholism (Oct. 10), and sickle cell anemia (Nov. 14). The medical specialty programs will be given in Room 201 at 12:30.

The transplantation unit on Tower-8 has scheduled three sessions, each to be held on T-8 at 2 p.m. on the specified date. The programs include: access to circulation (Oct. 11); Introduction to the Laminar Flow Unit (Nov. 2); and Bone Marrow Transplantation (Dec. 7).

Coming up for operating room nurses are: New thoughts regarding "septic room" technique (Oct. 19); and mock room setup for total hip arthroplasty (Nov. 16). These programs will be held at 7 a.m. in the O.R. nurses' lounge.

Programs in the other specialty areas; child/maternal health, psychiatry, and community health, will be announced soon.

Personnel in the spotlight

NNMC

Alma Alderson, secretary (typing), received an Outstanding Performance Rating.

Arnold Deleonibus, automotive mechanic, received an Outstanding Performance Rating.

SD1 Steve Fello reenlisted for two years.

Harry E. Johnson, janitor, received an Outstanding Performance Rating.

Paul E. Shifflet, laborer (gardener), retired after 30 years of Federal Service, 26 of them here at the Center.

Patricia J. Simmons, clerk-typist, received an Outstanding Performance Rating.

James T. Sistrunk, general supply assistant, retired after 22 years of Federal Service, three of them here at the Center.

dyan K. Slessor, clerk-stenography, received an Outstanding Performance Rating.

Ferdinand J. Walior, assistant laundry plant manager, received a Quality Salary Increase.

Elmer T. Walker, general supply officer, received a Quality Salary Increase.

HOSPITAL

Roy C. Anderson was advanced in rate to HM3.

Jack A. Beyrau was advanced in rate to HM1.

Bruce P. Bowman was advanced in rate to HM3.

Susan B. Bradburg was advanced in rate to HM2.

Harold W. Bursell was advanced in rate to HM2.

Henry L. Callins was advanced in rate to HM2.

Larry J. Cole was advanced in rate to HM1.

Fannie O. Coles, janitor, received an Outstanding Performance Rating.

Rebecca B. Covert, janitor, received an Outstanding Performance Rating.

Hilda V. Diggs, nursing assistant, retired after six years of Federal Service, four of them here at the Center.

HM2 David J. Dow reenlisted for six years.

William E. Droze was advanced in rate to HM3.

Mark A. Finkeldei was advanced in rate to HM3.

Charles E. Foster was advanced in rate to HM2.

Eva M. Haile, janitor, received an Outstanding Performance Rating.

HM3 Roger D. Hempel received a Letter of Appreciation from the commanding officer.

Marianne T. Jessee, medical technologist, received an Outstanding Performance Rating.

HMC Donald L. Johnson reenlisted for two years.

Helen S. Johnson, food service worker, retired after 13 years of Federal Service, all here.

Ella D. King, janitor, received an Outstanding Performance Rating.

Margaret S. Lincoln, clerk dictating machine transcriber, retired after nine years of Federal Service, four of them here at the Center.

William H. Lipshutz was promoted to Lieutenant Commander, Medical Corps.

LCdr Brian G. McAlary successfully completed Part I of the American Board of Anesthesiology Examination for Specialty Board Certification.

Beverly H. Rosen, social worker, received an Outstanding Performance Rating.

Thomas E. Schrade was advanced in rate to HM3.

Kirk S. Smith was advanced in rate to HM2.

Lt. James S. Studdiford received a Letter of Appreciation from the commanding officer.

Carol A. Szipsky was advanced in rate to HM1.

Edward E. Thomas, food service worker, received an Outstanding Performance Rating.

Gary L. Thornhill was advanced in rate to HM1.

Richard A. Tonn was advanced in rate to HM3.

Guido E. Villacres was advanced in rate to HM3.

Karl Warren was advanced in rate to HM3.

Larry A. Witte was advanced in rate to HM3.

NMTI

James L. Barron was advanced in rate to HM3.

James L. Beggerly was advanced in rate to HM2.

Theodore Bilderback was advanced in rate to HM3.

Andres Brionies was advanced in rate to HM2.

Richard Browning was advanced in rate to HM3.

Erwin H. Eick was advanced in rate to HM3.

Jesus Garcia was advanced in rate to HM3.

Mary Jo Gardiner, secretary (stenography), received an Outstanding Performance Rating.

Ken Gieser was advanced in rate to HM3.

Charles A. Greene, Jr., motion picture production specialist, received an Outstanding Performance Rating.

Margaret E. Kane, supervisory correspondence course clerk (typing), received an Outstanding Performance Rating.

Kevin E. Kezian was advanced in rate to HM3.

Michèle R. Kingsley, clerk (typing), received a Quality Salary Increase.

James McMillan was advanced in rate to HM3.

Richard M. Melin was advanced in rate to HM3.

Freemon Newton was advanced in rate to HM3.

Robert Seibald was advanced in rate to HM3.

Robert A. Seward was advanced in rate to HM3.

William Slimak was advanced in rate to HM3.

Leo P. Smith was advanced in rate to HM3.

Robert E. Taylor was advanced in rate to HM3.

Louie Villescas was advanced in rate to HM3.

Richard Weitzel was advanced in rate to HM3.

Larry Whitesel was advanced in rate to HM3.

Richard L. Wratz was advanced in rate to HM3.

NGDS

Kate B. Ferguson, military personnel clerk, retired after 20 years of Federal Service, 15 of them here at the Center.

Samuel J. Gunia was advanced in rate to DT3.

Margarette C. Hubbard, clerk-stenographer, received an Outstanding Performance Rating.

Ralph Janoschka was advanced in rate to DT3.

Francis D. Laws was advanced in rate to DT3.

Gary F. Lazowski was advanced in rate to DT3.

Jimmy M. Smith was advanced in rate to DT3.

NMRI

Steven J. Allen, biological aid, received an Outstanding Performance Rating.

Geraldine S. Blaske, military personnel clerk, received an Outstanding Performance Rating.

HMC Elmer Custead reenlisted for two years and received his seventh Good Conduct Award.

LCdr Marvin L. Fitts was awarded the Meritorious Service Medal.

Marion L. Harris, personnel clerk (typing), received a Quality Salary Increase.

HM2 Daniel P. Jacobson was awarded the Good Conduct Medal.

Richard K. Keck was advanced in rate to HM3.

Gary D. Lindgren was advanced in rate to HM3.

Donald Morgan was advanced in rate to DT1.

HM2 James A. Niziolek received a Letter of Appreciation.

Noel Petersen was commissioned Ensign, Medical Service Corps, under the in-service selection program.

Laurence Raine was advanced in rate to HM3.

Cdr John L. Sims retired after 24 years of Naval service.

HMC Oscar L. Stewart received a Letter of Appreciation.

NSHCA

Lt Wesley J. Johnson was awarded the Navy Commendation Medal and the Republic of Vietnam Staff Service Medal First Class.

Lt. Gerald H. Smith was awarded the Navy Achievement Medal.

NMDS

Lawrence E. Fraize, computer programmer, received an Outstanding Performance Rating.

David S. Frager, computer systems administrator, received an Outstanding Performance Rating.

AFFRI

Gladys Bateman received a Certificate of Appreciation.

Ltjg Caryl Cloud, augmented to the regular Navy.

Kenneth Hartley was recognized for 10 years of Federal Service.

Nellie Plitt was recognized for 10 years of Federal Service.

Richard W. Sanders was promoted to Specialist Four.

The "Spotlight" section of the "NNMC News" allows us to give recognition to the myriad of people at the Center that receive recognition for their efforts in their job or profession. If you have been honored, or know someone who has been, let us know by calling 51044.Ed.

Back-to-school day (hubby's)

by Teresa Bartlett

September was Women's Liberation Month. Or so it should have been, what with Butch off to college, "Pigtails" off to pre-school, and Dear Old off the links and on duty full-time; we gals were freed to get back to our favorite Fall sport, club luncheons, again.

"Welcome Aboard" was the recurrent theme, understandably, for most of the September functions, although "Welcome Back" is not an unfamiliar theme here in beltwayland, either.

A welcome item to freed femmes fans too, would be that noticeable inroads were made into the last bastion of male chauvanism, the military, when The Naval School of Health Care Administration had its First Annual Wives' Day on August 24. The wives of students in class 34 were invited to sit in their husband's seats and share, for a day, their husbands' new student role.

Considerably more than the usual ten percent believed Cdr Wm. P. Davis, the school's exec. and resident wit, when he said that there would be a short quiz at the end of the session. They had only to look down at the freebies on their desk, which included class schedules, O.P.D. phone listings, other miscellany, and an eight page booklet of blank pages for the ambitious note taker, to heighten their anxiety.

But in typical ironic form, those items most "noteworthy" were presented in total darkness, but for a glimmer from the bulb of a slide projector.

Barbara New disarmed the audience with her Southern drawl and invited the newcomers to join her in the Medical Service Corps Wives' club.

And, after an overview of OPD, its problems, and its fifteen busy phone lines, Warren Albin, Medical Records Supervisor, fielded many a salient question from an enlivened crowd.

Of particular interest to the staff wives was the presentation about NNMC, its tenant commands, origins, achievements and goals, given by the new Public Affairs Officer, Lt Bradley Foro.

Capt William J. Green Jr., the school's new commanding officer, Cdr William J. Auton, the academic director, and the program itself, succeeded in assuring the wives that theirs was more than just a satellite role in the life of their Navy man.

Ach du lederhosen! There will be an OKTOBERFEST at the "O" club on Friday October 20, mit der German Band undt der German food undt free beer from 7 p.m. to 9 p.m.; cash bar after 9 p.m.

Dinner will be served between 7 p.m. and 8:45 p.m. Tickets will be \$3.50 per person in advance sales and \$5.00 at the door. Ticket sales will begin October first. NNMC officers and their guests are invited to attend.

The Junior Advisory Board of the NNMC, Commissioned Officers Mess (open) will be sponsoring this Wunder-event and the representative member from each command will handle ticket sales. Ens Ron Thompson is party chairman.

What You See Is What You Get!



But it only costs you \$18.75.



Ernest Walker, illustrator in the Learning Resources Division of the Naval Graduate Dental School, puts the finishing touches on a plaque commemorating the 60th anniversary of the Navy Dental Corps. The plaque was displayed at the Dental Corps birthday party held here recently.

NMTI gets new exec

Capt Bythel D. Dutton has reported aboard the Center for duty as executive officer of the Naval Medical Training Institute. His previous assignment was as assistant chief of obstetrics and gynecology (ObGyn) and director of the nurse-clinician program at the Naval Hospital, San Diego.

Although he has been in the Navy Medical Department for 18 years, this is the first time he has been stationed at the Center. "I had only seen it once," he recalls. "I had heard a lot of things about NMTI, most of them were quite good."

While at San Diego, Capt Dutton helped establish an inservice training program for nurses to train them in ObGyn, family planning, and maternal and child health. He says he firmly believes in using paramedical personnel, including nurses, in these fields.

"The nurse-clinician program at San Diego was similar to the one at the Naval Hospital, Portsmouth, Va.," explains Capt Dutton. "Selected Navy nurses are trained to assume many clinical responsibilities traditionally assumed by a physician."

In the nurse-clinician program, they learn cancer detection, community medicine, therapy

of minor gynecologic disorders, patient counseling, prenatal care, health education, and family planning. This type of training is officially recognized by the American College of Obstetricians and Gynecologists.

"These nurses are not mid-wives," emphasizes Capt Dutton, "they work predominately in outpatient departments. There is a definite trend to nurse-practitioners. Nurses have gained a place in several fields such as pediatrics and family practice. They have demonstrated that they can take over some of the responsibilities of the physician."

The nurse-clinician program has been underway for almost a year and the nurses have been readily accepted by both patients and staff at San Diego, according to Capt Dutton.

"This program makes a career of navy nursing much more attractive," he points out. "Before, the only avenue of success was through administration. Now they have an alternative."

One class has graduated from San Diego with three nurse-clinicians, and one class from Portsmouth with six. "We kept the classes small," explains Capt Dutton, "because of limited facilities, and because we wanted to concentrate on individual attention."

Capt Dutton says he became interested in medical training, especially of paramedical people, at the University of California (Berkeley) where he was working towards a master's degree in public health.

Now that he is at NMTI, he says he will be "working hard in the general area of education for allied health personnel, especially corpsmen."

He is board certified in ObGyn, and is a Fellow of the American College of Obstetricians and Gynecologists. He was a member of the California Interagency Council on Family Planning, and on the board of directors of Planned Parenthood in San Diego. He has also served as chief of ObGyn at the naval hospitals at Submarine Base, New London, Conn. and at Yokosuka, Japan.

New books in Crew's Library

FICTION

HARTOG, J. de - PEACEABLE KINGDOM - A moving novel of the Quakers from their founding in England to the achievement of a unique peace in the New World.

MASON, M. - 71 HOURS - The FBI Attempts to protect the Soviet Premier Putschenko against the assassination attempts of a John Birch Society called Christians united for Freedom.

SPILLANE, M. - ERECTION SET - Dog Kelly attempts to get his hands on his grandfather's failing company owned by his five cousins. Spillane at his "best".

NON FICTION

COUSTEAU, J. - DIVING FOR SUNKEN TREASURE - The undersea Discoveries of Cousteau.

FARAGO, L. - GAME OF THE FOXES - Hitler's espionage network in America and Britain.

HARDING, W. - HENRY DAVID THOREAU: - A Profile.

MITCHELL, W. - WHY VOTE

SHARFF, L. - UNIFORMED SERVICE ALMANAC, 1972

SMITH, H. - BEST OF H. ALLEN SMITH - Wit and Humor.

Going to Oktoberfest? See the man from JAB

Who is selling tickets to the Oktoberfest?

The members of the NNMC Junior Advisory Board to the Commissioned Officers' Mess (Open).

What is the junior advisory board?

It is a group of junior officers, representing all of the commands here. They meet monthly to discuss ways to improve the "O" Club. Each member represents the people in his command in matters concerning the club.

Representatives from the wives clubs here, and the club treasurer, also attend the meetings of the board.

All recommendations of the junior board are presented to the senior board for consideration.

The junior board also sponsors events during the year, such as "Casino Night" and the upcoming "Oktoberfest".

The members of the board are: Cdr T. Johnson (chairman), NH; Cdr L. G. Dickson, NMRI; Cdr R. Johnson, NH; Cdr A. C. Hatten, NH; Lt K. O'Connell, NH; Lt J. O'Leary, NNMC; Lt M. Clark, NTU; Lt J. D. Bentley, NSHCA; and Lt D. P. Nelson, NMRI.

Also, Lt G. Zeman, AFRRI; Lt D. E. Potter, NMDSC; Ltjg D. Shepard, NH; Ens P.F. Sheridan, NMTI; Ens J. R. Thompson, NGDS; and Ens L. Glass, NH.



Capt Dutton

CERA to hold dinner dance

CERA (the Civilian Employees' Recreation Association) has scheduled the first annual CERA dinner dance. The event will be held in the Plaza Ballroom of the Holiday Inn in Silver Spring, on October 14.

Beginning at 7 p.m., cocktail hour will open the evening, with a cash bar. At 8, the buffet will be opened featuring hot Maryland turkey with dressing and giblet sauce, hot Hawaiian Ham, and beef stroganoff for entrees. There will be three

vegetables, three salads, and three desserts to fill up the rest of the plate.

At 8:30, dancing will begin to the sounds of Larry Lane and his six piece orchestra. The orchestra will play until 11:30.

Admission price for CERA members and their guests is \$7.50 per couple. Admission for non-members is \$12 per couple.

Tickets and further information may be obtained from Bertha Gorman, at 51226, or Alice Banks, at 50518.

Tough going for flaggers

Halfway through the season, the two Center flag football teams find themselves in the middle of the Walter Reed league standings. The Admirals have two wins to three losses, and NMRI has a three and four record.

NMRI started the season with a 12-18 loss to the PF Ups, last year's league champions who now have a 38 game winning streak.

NMRI coach Jim Wild moaned, "It's a great way to start the season," when the Ups ran back the opening kickoff for a touchdown. The Ups broke for another long play, a 50-yard run, that added another six points to their score.

Dave Hammond retaliated with a touchdown pass to Palmer for six. A short run, later in the game tied it up 12-12. The Ups scored the winning touchdown with only 60 seconds left on the clock.

In their next contest, NMRI out-defensed the Outpatients, and came up with a 25-0 win.

Defensive ends Richard Earl and Cris Swan put the pressure on the Outpatient's quarterback, and three NMRI players each got two interceptions.

Hammond connected with Richard MacAllister on a pass play to draw first blood. Bill Krothe kicked the point-after, to give NMRI a 7-0 lead.

Soon after, Wild picked off one of his two interceptions of the night, and ran it in for the score. Serge Martinez and Ed Mortimer also picked off two passes each from the Outpatients.

Two passes, one from Hammond to John Murray, and one from Martinez to Murray, finished the scoring.

The next game for NMRI was a defensive battle with the MPs that NMRI lost 6-8.

There was no scoring during the first half, and the only excitement came when the MPs intercepted a pass on NMRI's 20 yard-line. On the next play, Wild got the ball back by picking off a pass.

In the second half, the MPs had a first down with 45 yards to go for a touchdown, when Ed Mortimer intercepted on the NMRI 5 yard line. Two plays later NMRI was caught in the end zone for a safety.

Later, Martinez hit Murray on a 35-yard pass for a touchdown. The point-after attempt failed. It wasn't long before Martinez ran 60 yards for a touchdown, only to have it called back because NMRI was offside.

The MPs scored the winning TD at the start of the fourth quarter, with a 50 yard pass play, to make it 8 to 6. With only a minute left to play, NMRI had driven to the MPs 10 yard-line. A field goal attempt from the 20 was blocked, ending NMRI's chances at a win.

Next NMRI met the Kids, and ended up on the losing end of a 6-14 score. NMRI got on the scoreboard first with a Martinez to Murray pass for six points.

The Kids intercepted a pass and ran it in for a touchdown, and then scored a two point conversion, ending the scoring in the first half with NMRI behind 6-8.

A long run by the Kids, early in the second

half, gave them another touchdown, making the final score 6-14.

Data Processing was the next team to face NMRI. Using several sustained drives, NMRI drubbed them 22-6.

The first drive ended with Martinez carrying it the last few yards over the goal line for six points. Martinez then engineered two more drives using short runs and flair passes to Murray and Palmer. A 60-yard march ended with a touchdown pass to Murray, and another pass to Murray for the two point conversion. A second drive of 55 yards, was capped with a pass to Palmer for another score. A pass to Wild, for the two point conversion, ended the scoring for NMRI.

Then NMRI met the Cool Breeze in a game, punctuated, according to coach Wild, by "the Big Mistakes". "First we were burned by two 60-yard bombs," he grimaced, "then they hit a short flair pass, followed by a 55-yard run." The Cool Breeze had a 20-0 lead.

Martinez was out of town so Krothe was called on to call the signals for the game. He is the fourth quarterback used by NMRI this year, none of which has played over a game and a half in that spot.

An interception by NMRI set up their first score. Krothe hit Murray with a short pass for a touchdown. Then early in the second half NMRI capped a 60-yard drive with a 15-yard touchdown pass from Krothe to Mortimer. But it was not enough as NMRI lost 12-20.

NMRI's next game was won by forfeit from the Animals, giving NMRI a three win, four loss record so far.

The Admirals also started the season with a loss, as they were downed 14-6 by the Kids.

On the first series of plays, the Admirals carried the ball to the Kids' 9 yard line. A run by Sanders put six on the scoreboard for the Admirals. Quarterback Dan Hutchinson passed to Kipp for the two point conversion.

The Kids scored twice in the second quarter, missing the first point-after, and hitting for two points on the second.

Next, the Admirals lost 8-12 to the Scrummies in the last 30 seconds of the game.

The Admirals' only score came when Pat O'Leary ran back the opening kickoff 65 yards for a touchdown, followed by a two-point conversion.

In the second quarter, a series of penalties for personal fouls pushed the Admirals back near their goal. The Scrummies took advantage of the penalties and scored a touchdown.

The final score of the game came with 30 seconds left on the clock. The Scrummies scored six points on a run that the Admirals claim ended short of the goal line. A formal protest was overruled, giving the Scrummies a 12-8 win.

The Admirals won their next game by forfeit, then went on to shut out Data Processing 6-0 on a quarterback sneak by Rusek.

Next the league-leading PF Ups dropped the Admirals 6-0 giving them a 2 win, and 3 loss record.

WALTER REED FLAG FOOTBALL LEAGUE STANDINGS (As of September 27)

PF Ups	5-0	Admirals	2-3
Kids	5-0	Cool Breeze	1-2
MP AKs	5-1	Outpatients	1-4
Scrummies	4-2	Animals	0-5
NMRI	3-4	Data Processing	0-5



If only he had turned around. Pressure by the Kids forced NMRI quarterback Les Swafford to release the ball early. Serge Martinez (#10) is crossing the goal line.



Swafford goes around end for a short gain against the Kids.

BOWLING STANDINGS (as of Sept. 21)

Team	Won-lost		
Outcasts	8-0	CPO	4-4
Spartins	7-1	NGDS	3-5
Pharmacy	6-2	Goobers	1-7
NMRI	6-2	Lab	1-7
AFRR	5-3	RIT	1-7
Stress	5-3	CPL	1-7

It is almost too early for significant individual statistics, with only two weeks of bowling, but Archie Stahl started the season by rolling 10 strikes for a 278 game. He holds high game honors, and high series with a 588 set that same night.

Archie's 278 earned him a "Century Patch" for 100 or more pins over his average. For a Century Patch the average must have been set in 21 or more games.

Francis Quinn holds women's high game with a 184, and high series with a 458.

Fall sports schedule full of action

SOFTBALL

The results are in for the 1972 intramural slowpitch softball season. The Hospital team took first place by beating NMRI in a playoff series, putting NMRI in second.

The Residents finished third over PT-OT.

GOLF

The NNMC golf team unseated Fleet Reserve, the winner of the last two years, to capture first place in the intramural league. The Fleet Reserve team won the first half of the Season, and NNMC won the second half, forcing a playoff which NNMC won.

The members of the victorious NNMC team are: Felix Ballenger, Chet DeCesaris,

Joe DePompa, Ed Garnett (team captain), Carmine Guadagno, Cliff Kovarik, Pete Potter, and Dick Wentworth.

TENNIS

The Fall Intramural Tennis Tournament was delayed by poor weather, and as we go to press the singles match is over with Dave John victorious over Gordon Middleton in the finals (4-6, 7-5, 6-3).

The results of the doubles match will be in the next issue of the "News."

CHESS

A chess club is forming at the Center, and is open to all military and civilian personnel. Civilians must pay for their share of related costs.

The club will meet in the NMRI auditorium but dates and times are yet to be set.

Anyone wanting to join the Chess club should call either Lt Galie at 50052, or Chief Renick at 51390.

JOGGING

Want to take it off? - or just firm it up?

Then join the 25 joggers at the Center who are piling up mileage and firming up flab.

All military personnel here are invited to participate in a jogging contest. The contest will pit you against yourself, and you get to keep score.

There is a scoreboard at Special Services where joggers can keep a running total of their mileage, on a daily basis. There are measured routes around and

through the Center that allow easy computation of your mileage.

As the mileage builds up joggers will receive awards for accumulating 100 miles, 200 miles, etc.

Most of the joggers run on their lunch hour, but it does not matter when you run - as long as you run.

BASKETBALL

The Gym floor has been refinished and the intramural basketball season is scheduled to get underway on Monday, November 6.

There will be an organizational meeting at 11:30 a.m. on October 16 in the Bowling alley. Anyone interested in entering a team in the league should go to this

meeting.

TOURNAMENTS

Three Naval District Washington tournaments are coming up.

Table Tennis is first, with the paddles flying at Naval Air Station Patuxent River, from October 16 to 20.

Touch football is next from October 24 to 28. This tourney will also be held at Pax River.

In November, the Naval Station Washington will be the site for the Billiards tournament.

INFORMATION

Anyone who wants to join a team, play a sport or enter an NDW tournament, should call Bill Dwyer, NNMC recreation director, for information. Bill's number is 50031.



Gathering at Stone Lake, the personnel in the Public Works Department had punch and cake to celebrate Fiscal Year 1972. The past year was the biggest on record for size, and number, of projects completed. While all together, they were briefed on what to expect in the coming year by LCdr D.J. Monarch, head of public works.

Open season coming

From November 15 to 30, all civilians at the Center will have a chance to revise their health benefits plan.

Each year at this time the Civil Service Commission (CSC) holds an Open Season. During an open season, eligible employees who are not enrolled in a plan may enroll; employees who are already enrolled may change to another plan; and enrolled employees may change options within the plan they are in.

When a person is hired into the Civil Service, he may sign up for any of the options in any of the plans he is eligible for. Then, except during open seasons, he may not change his choice of options or plans. (However, a person who gets married may change from self-only to family within his plan.)

Until last year open seasons were held relatively infrequently. Last November the CSC announced that an open season would be held annually at this time in November.

For further information call Carolyn Cohen at 51199 or Karen Thomas at 50568.



Ralph Biser, vice president of the 14th district of the American Federation of Government Employees (AFGE) and former employee of the Center, signs the recently negotiated agreement between NNMC and AFGE Local 361.

Also signing the agreement was RAdm Felix P. Ballenger, commanding officer of the Center. He remarked, "The contents of this document are not really for management or for union, but rather for our patients. The hard bargaining that went into this, was not to help the bargainees individually, but was to help the Center perform its mission."

Cdr Mock cited for citizenship

A man is wheeled into the emergency room following an auto accident, and the attending physician orders intravenous (IV) body fluids. "But," he cautioned, "put the IV in his left arm so he can talk to us."

The doctor knew that the patient was deaf, and since the doctor did not know sign language, the only way for the patient to "talk" to them was by writing.

Thanks to the efforts of Cdr. Charles R. Mock, a pediatrics resident, and the civic groups he is active in, this physician is one of many doctors, nurses, teachers, policemen, and others, who are now aware of special problems that arise when dealing with hearing handicapped people.

Dr. Mock was recently presented with the Theodore Roosevelt Citizenship Award, given annually by the District of Columbia council of the Navy League. The honor is bestowed on the officer or enlisted man on active duty in Naval District Washington, who "best

typifies the spirit of citizenship as exhibited by Theodore Roosevelt."

Since coming to the Washington area in April 1969, Dr. Mock has become active in groups concerned about handicapped children - particularly children with hearing impairments.

"I just sort of fell into it," recalls Dr. Mock. "My oldest son has a hearing loss, and learning about hearing problems became my hobby. When we moved into this area, I joined a group of parents with handicapped children."

The group, the Prince George's County Association for Children Handicapped in Language Development, soon elected Dr. Mock as its president. He served in that office for two years.

"We made a concerted effort to reach parents of handicapped children," recalls Dr. Mock. The group tries to help parents understand their children's handicaps and related problems.

(Continued on page 7)

National Naval Medical Center

NEWS

Volume 28, Number 10

November, 1972

New Survivor Benefit Plan protects retirees' families

With the enactment of Public Law 92-425 on September 21, 1972, present career military members can now provide for their widows or widowers and dependent children an automatic survivor income of 55 percent of retired pay.

The Survivor Benefit Plan (SBP), as it is called, also allows persons already retired to provide, on a voluntary basis, the same protection for their family members. Costs are the same as for future retirees.

SBP also embraces members of the Reserve components, including members of the Army National Guard and Air National Guard, with participation beginning at age 60 or after, when retired pay of a member ended with his or her death unless the member had elected voluntarily to participate in the Retired Serviceman's Family Protection Plan (RSFPP) -- known originally as the Contingency Option Act. Consequently, when retirees died in the past, surviving members of their families often found themselves with little or no income. (This was especially true of widows under the age of 60, with no dependent children. They would be ineligible for Social Security.)

Under the new law, member who retire on or after September 21, 1972, (the effective date of SBP) will be automatically enrolled in the plan if they have spouses or dependent children at retirement time. A member who does not have a spouse or dependent child at retirement can elect either to join the plan at that time by naming another person as his or her SBP beneficiary or to begin participation later if he or she acquires a spouse or a child after retirement.

Persons who retire within 180 days after the effective date of SBP have a special grace period of 180 days after their retirement dates in which to finalize either automatic or voluntary participation in the plan.

Participating in SBP at the maximum level -- 55 percent of retired pay as the survivor payment, the average enlisted member retiring today can provide a monthly survivor payment to a spouse of about \$220 per month at a monthly reduction in retired pay of \$17.50. The average officer retiring now can provide about \$520 as the monthly survivor payment, with reductions in retired pay of about \$72 per month.

With the new survivor payment plan now effective, the Military Services are initiating personnel information and counselling programs through which all career members and present retirees will receive full information about SBP. Information on details of the program should soon begin appearing on an on-going basis in a variety of information media reaching the active duty and retired communities.

Any person who expects to retire in the near future will be interested in more information about this new service benefit that one Department of Defense spokesman has characterized as "one of the most important pieces of legislation" to date for career military personnel.

Participation at maximum level is not mandatory but, except in rare cases, is encouraged by the Services and Department of Defense. A future retiree's choice

(Continued on page 7)



Cdr Charles R. Mock, center, receives the Theodore Roosevelt Citizenship Award from Mr. W.R.F. Adams, chairman of the awards committee, as Admiral Elmo Zumwalt Jr., Chief of Naval Operations, smiles approval.

Race relations improving

Numerous programs are underway to reduce the racial imbalance which currently exists within the Armed Forces. The Navy's efforts in this area are no less than earnest.

Late in 1971, the first all black Naval Junior Reserve Officers Training Unit (NJROTU) was activated at Alvin LeRoy Locke High School in the Watts District of Los Angeles, California. This marked the first U.S. Navy unit in any Los Angeles high school and the first all black unit in the nation as well.

Just prior to this, the Naval Academy at Annapolis Maryland, announced that, for the first time in its history, the Academy had more blacks in its "Plebe" (first-year) class of midshipmen than it had in the entire Academy a year ago. A total of 45 blacks began their four-year courses in June 1971 which more than doubled the previous year's number. The Academy's goal is to have 70 to 100 blacks in all future classes.

Early 1971 efforts by the Navy to reduce racial imbalance resulted in establishment of the program known as Project BOOST (Broadened Opportunities for Officer Selection and Training). This program provides opportunities for members of deprived racial and ethnic minority groups to prepare for college, earn a college degree, become an officer and be a professional.

As former Secretary of the Navy John H. Chaffee said: "We can no longer tolerate mere lip service regarding this matter at any level...Equal opportunity must become equality in fact so that equal results and true equal treatment becomes an unexceptional part of our everyday lives."

Admiral Elmo R. Zumwalt, Jr., USN, Chief of Naval Operations, has added: "Ours must be a Navy family that recognizes no artificial barriers of race, color or religion. There is no black Navy, no white Navy--just one Navy--the United States Navy."



Human relations councils, such as the one here, are a part of Admiral Zumwalt's program to reduce racial imbalance in the Navy. As evidenced in this photo, the admiral visits activities and meets with the councils.

Chaplain's Column

by Chaplain Joseph A. Frank

Courtesy is the habit of treating other human beings with deference and respect because they are made to the image and likeness of God. It involves many of the minor elements of the broad virtue of fraternal charity: politeness, patience, thoughtfulness, helpfulness and kindness.

The young should be particularly courteous toward the elderly. This means that the young should show consideration for the opinions of older persons; should be quick to offer them helpful little services, and should address them with respect.

Men should be especially courteous toward women. A courteous man rises when a woman comes into a room, he permits a woman companion to precede him on entering or leaving a room, and he performs little services for women that sometimes are not so much a real help to them as a sign of respect.

There is a certain degree of courtesy too that should be practiced even in the most familiar of human relationships: between husband and wife, brother and sister, friend and friend. When husbands and wives, brothers and sisters, begin to forget or to neglect little practices of courtesy and politeness towards each other, love usually begins to diminish. A certain amount of reverence for those we love is both a proof of true love and a preservation of love.

NNMC NEWS
National Naval Medical Center
Bethesda, Maryland 20014

RADM F.P. BALLENGER MC, USN
COMMANDING OFFICER

RADM D.L. CUSTIS, MC, USN
DEPUTY COMMANDING OFFICER

CAPT F.B. ESSMAN, MSC, USN
ADMINISTRATIVE OFFICER

RADM D.L. Custis, MC, USN C.O., Naval Hospital

Capt. E.J. Rupnik, MC, USN C.O. Naval

Medical Training Institute

RADM W. H. Hagerman C.O. Naval

Graduate Dental School

Capt. T. Richter, MC, USN C.O. Naval

Medical Research Institute

Capt. W.J. Green, MSC, USN C.O. Naval

School of Health Care Administration

Cdr. L.J. Jenkins, MSC, USN OIC Navy

Toxicology Unit

Public Affairs Officer, NNMC Editor-in-Chief

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The Bureau of Medicine and Surgery view on alcoholism

Alcoholism is a serious threat to the individual, his family, his community, industry, and the military services. Department of Defense and Secretary of the Navy instructions were issued to implement new policies on alcoholism which require enlightened attitudes and techniques by command and Medical Department personnel. Alcoholism is preventable and treatable. An alcoholic is no longer considered physically unfit for continued military service or employment because alcoholism can be arrested. To treat alcoholism effectively, it must be viewed objectively and freed from stigma.

Although the incidence of alcoholism is not accurately established, conservative estimates indicate that there are over seven million alcoholics in the United States. Seventy percent of the population over 18 years of age do drink and of these, eight percent develop alcoholism. Of the 18 percent who are heavy drinkers, 40 percent eventually develop alcoholism. Alcoholism is the third leading cause of death in the U.S. Fifty percent of all fatal traffic accidents involve alcohol. Ninety-seven percent of all alcoholics are employed, and only three percent are on "skid row." The naval service is estimated to have 30,000 alcoholics. The estimated cost per alcoholic is between \$1,500 and \$4,000 per year in decreased efficiency, poor decisions, and absenteeism. The cost in human suffering and wasted lives is inestimable. Alcoholism leads to numerous severe complications, mental and physical, which can totally incapacitate a previously highly-productive member of society.

The Bureau of Naval Personnel has been developing an alcohol abuse control program which includes

education and rehabilitation. The educational approach will be preventive, making available, through multimedia presentation, pertinent information on the effects of alcohol and alcohol addiction. A referral network of voluntary collateral-duty counselors assists commanding officers with early identification of specific cases.

BUMED is cooperating with the Bureau of Naval Personnel in the rehabilitation aspects by developing a program comprehensive enough to ensure treatment and rehabilitation for individuals identified as having alcohol problems. To provide for a more unified approach and to ensure maximum use of professional resources, educational materials will be distributed and seminars planned in regional locations to present current treatment and rehabilitation techniques, and other pertinent information, to medical officers.

Early identification of the potential alcoholic is essential and will occur at his command and in our medical facilities in a variety of ways. The obvious case needs no further discussion. In every hospital and dispensary, however, we see patients with fractures, depressive reactions, cirrhosis, pancreatitis, neuritis, vitamin deficiencies, hepatitis, convulsions, psychoses, and many other clinical conditions where the primary problem is alcoholism. Sometimes alcoholism is not recognized, is ignored, or even denied. Concealing alcoholism with the diagnosis of other conditions is not meeting our responsibilities.

Evaluation, detoxification and primary rehabilitation will be available at every naval hospital. More extensive treatment and rehabilitation will be conducted at several Naval Alcohol Rehabilitation

Centers and at smaller Alcohol Rehabilitation Units strategically located in areas with a large concentration of Navy personnel. Definitive care will occur at both types of alcoholic treatment facilities, with greater resources available at the Centers. Assignment and transfer of individuals who require the more extensive care available at Alcohol Rehabilitation Centers of the Alcohol Rehabilitation Units will be regulated by ASMRO.

The treatment of alcoholism in the Navy includes several principles that need to be emphasized. Detoxification, drying out, and treatment of related physiological problems are exclusively a Medical Department responsibility. All alcoholics should be allowed at least an additional month of enforced sobriety during which they must concentrate intensively upon their rehabilitation. Association with Alcoholics Anonymous is encouraged. Involvement of families is desirable. Expert counseling and outpatient follow-up is mandatory and will usually be required on a long-term basis. Denial of a need for treatment is to be expected in initial stages, but should not be accepted as a deterrent to successful intervention.

The alcoholic rehabilitation programs developed locally must be multifaceted and geared to local resources including: the utilization of qualified counseling, Alcoholics Anonymous, Antabuse and other indicated medications, marriage counseling, psychotherapy when indicated, proven educational methods, and other techniques as applicable. The ultimate success of rehabilitation can only result from a combination of effective treatment and rehabilitation methods, and truly motivated patients.



Corpsman of the Quarter

Chief Hogg picked by NMTI

Things have been going right for Edward E. Hogg lately. He was promoted to Chief Hospital Corpsman in September, and has just been selected as Corpsman of the Quarter by the Naval Medical Training Institute.

When he came to NMTI in March 1971 from the Leadership/Instructor school at Norfolk, Va., he was assigned as academic coordinator for the practical phase of the laboratory school. He is now an instructor in hematology and serology.

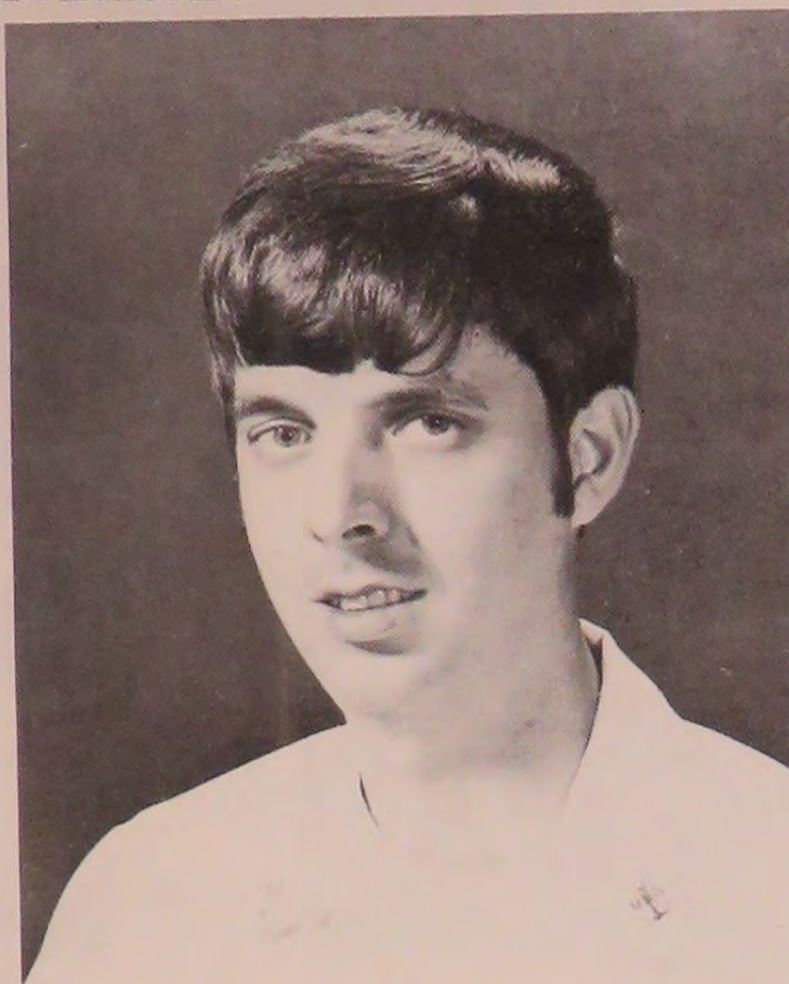
Chief Hogg and two other chiefs from NMTI recently returned from San Francisco, where they taught workshops in parasitology at the American Society of Clinical Pathology convention. The team, under the direction of two Navy physicians, was representing the Navy at the convention.

In a letter of commendation on his selection as Corpsman of the Quarter, Chief Hogg was praised by Capt Edward J. Rupnik, commanding officer of NMTI, for his design of a floor plan for seven schools in the Training Institute. The plan, which Chief Hogg drew up in off-duty hours, was used almost exactly as drawn.

Another way the chief spends off-duty hours, is attending school. Since his assignment here, he has taken six to nine credit hours each semester, and has a 4.0 average. He is taking courses at both The George Washington University and at Montgomery College. He recently applied for ADCOP, the Navy Associate Degree Completion Program, and has applied for inservice selection into the Medical Service Corps.

Before being stationed at NMTI, Chief Hogg was active in karate, and currently holds a second degree black belt. He studied it for four years in the Philippines but now has had to give it up "to pursue the Medical Service Corps."

Originally from Middletown, Ohio, Chief Hogg, his wife Linda, and their daughters, Kimberly and Teresa, live in Rockville.



Chief Hogg

CFC underway

The Combined Federal Campaign is just underway as we go to press, and the Navy Toxicology Unit has already reported reaching 78 per cent of its goal. Other commands have reported reaching around 20 per cent of their goals, but NMRI and the Hospital have not been heard from.

The Center overall has reached only 5.1 per cent participation, but this is expected to shoot up when all early returns are in.

According to LCdr Lawrence J. Jenkins Jr., vice chairman of the campaign, the drive will last until Thanksgiving, and he hopes to equal or better last year's results.

Last year three of the Commands reached 100 per cent, and two records were set. The amount contributed last year was \$4000 higher than ever before, and the average contribution was \$2 over the previous record.

By donating to this campaign, you contribute to over 150 charitable organizations. If a contributor wants to designate some, or all, of his gift to a specific group, he can indicate this on the pledge card.

The campaign will be conducted with keymen in each command contacting personnel, and giving them a pledge card. Each person just fills in and signs the card, and returns it to the keyman. The amount selected on the card will be deducted automatically from future paychecks. A one-time cash contribution can also be made.

One copy of the pledge card is to be retained by the contributor for his income tax records (contributions are deductible).

Speechmaking the easy way

You are careening down a mountainside at 65 miles an hour in the rain, straddling 10 pounds of steel and rubber called a bicycle. You desperately squeeze brake levers that have no effect because the brake pads are wet.

Though this may never happen to you, you know how it feels, because Chuck Curran's talk made you feel that you had been there.

A minute later you are listening to Bill Davis give a rundown on the professional football situation. He is so perceptive that you think he should replace Howard Cosell on Monday nights.

Next week the subjects will be different, and so will the speakers, in fact, next week the speaker may be you!

What is going on? Why - the regular meeting of the NNMC Toastmasters Club. Each Tuesday at noon a group of Centerites get together to learn public speaking in a fun way, over lunch.

Every week a different member acts as Toastmaster for the meeting, introducing speakers and guiding discussion. Other duties, such as timekeeping and evaluating, also rotate among the members. This format of diversified topics, delivered on a rotating schedule, was developed over 30 years ago by Ralph C. Smedley, founder of Toastmasters International, and is

now practiced at over 3500 Toastmasters Clubs in 47 countries.

Through making speeches and participating in conducting the meetings, the members hope to develop the ability to communicate better, and to develop leadership skills.

Each speaker of the day has an evaluator assigned to comment on and criticize the effectiveness of the speech. There is also an evaluator to judge how well the Toastmaster of the day conducted the program. These evaluations allow the members to learn how the audience received his speech, and how to do better next time.

Toastmasters also learn how to think on their feet. In a part of the meeting called Table Topics, the moderator introduces a subject that all the members should be familiar with, then asks specific questions of each member. Replies are short (one or two minutes) and should be well organized.

Also, one person at each meeting is chosen to give an impromptu speech on an assigned subject. He has a few minutes during the meeting to organize his thoughts and jot down a few notes.

Membership in the NNMC Toastmasters club is open to all officers at the Center, and to civilians GS-12 and up. For more information call William Donaldson at 51335.



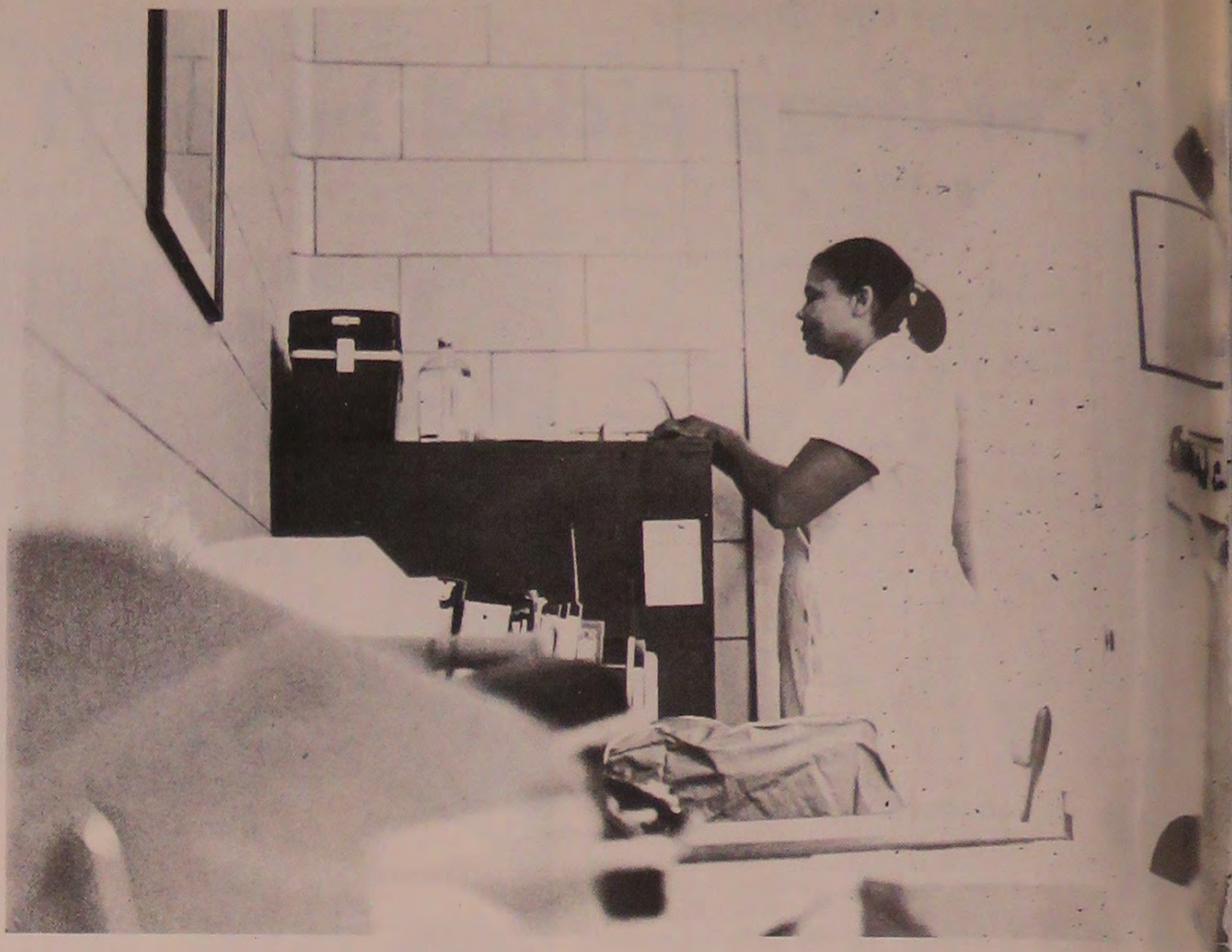
Mrs. Muriel Jones receives a citation for her contributions as a Navy wife, from Capt William J. Green Jr., commanding officer of the Naval School of Health Care Administration. Her husband, HM1 Charles Jones (background), transferred to the Fleet Reserve after 20 years of service. Mrs. Jones will continue to work here as head of the employment branch of the NNMC civilian personnel department.

Exchange opens Patients' Convenience Store and Beauty Shop



(Above) From left, Ed Garnett, personalized services manager, Lt Mark L. Troutman, Navy Exchange officer, and RAdm Felix P. Ballenger, commanding officer of the Center, look over the new Navy Exchange Convenience Store on the second floor of Building 2.

(Left) Judy Peterson has her hair done by beautician Judy Moen, at the new beauty shop. Beauty Shop hours are 9 a.m. to 2 p.m. weekdays, and 9 a.m. to 2 p.m. Saturdays. The Convenience Store is open from 9 a.m. to noon weekdays.



Cleanliness is their business

How do you clean the Center's over 200 offices, four miles of corridors, and a square mile of carpeting? Most people at the Center have no idea -- because two-thirds of the work is done in the evening when the staff has gone home.

At 4:30, when Centerites are heading enmasse for timeclocks and waiting cars, the Housekeeping staff are pulling floor scrubbers, polishers, shampooers, mops, brooms, and dusters from untold hiding places around the buildings.

Hallways that during the day were filled with hurrying people, are now dotted with little blue carts dangling tan plastic bags, and laden with an assortment of "miracle" cleaners.

Actually, there are three housekeeping staffs at the Center. The first, under the NNMC operating services department, is headed by Lt Harry Bolster. The Center housekeeping staff is responsible for cleaning most offices and corridors throughout

the base. In the Hospital operating services division, the housekeeping branch under Charles Eaton takes care of patient care areas. And finally, some spaces are cleaned by a civilian firm, under contract.

For over a year, both the daytime and evening housekeeping shifts have had an additional burden added to the normal daily accumulation of dust, dirt, and trash created by 3500 staff members and several thousand patients. The massive project to air condition the main building complex filled halls, offices and clinical spaces with tools and building materials. Tearing out ceilings, walls, and floors piled dust and debris everywhere.

Now that the project is almost over, RAdm Felix P. Ballenger, commanding officer of the Center, made special note of the outstanding efforts of the housekeeping staff during this project. Speaking at a recent civilian retirement ceremony, RAdm Ballenger praised the "magnificent job" done by everyone on the staff.

Genis Baldwin, housekeeping general foreman, summed it up for the workers when he said, "We had to work much smarter."

The air conditioning also has some beneficial aspects for the Housekeeping staff though. Mr. Baldwin explains, "People are

like their eyes.
spaces look go
conditioning
possible to get
It is often
judges for h
housekeeping
Center are goo



(Right) A special crew circulates throughout the passageways of the Center stripping floors of all accumulated wax and dirt using a special machine. The floors are then mopped clean and new wax is put on.

(Left) Between visits by the special crew, floors are cleaned and polished with buffers as Samuel B. Jones is doing here.

(Above) Tony Giuffreda cleans up some coffee spilled on a landing. Mr. Giuffreda takes care of all stairwells in the main building complex.

(Right) Every evening Janie Alredge and others go from office to office to dust, empty ashtrays and wastebaskets, and generally clean the offices to give them that "ready-to-go" look that greets the occupants the next morning.

(Left) Gladys Benton gets things ship shape in the Dermatology Clinic.

(Far left) Willa B. Rivers puts away clean clothes just received in the Intensive Care Unit from the station laundry.

photos by B. Lowe



Now that the walls are painted and the people will keep them cleaner. Also, the air performance of the staff, and makes it employees."

at one thing that every patient and visitor is the cleanliness of a hospital. The out to make sure that the judgments of the





Early Martin signs the papers promoting him to Lieutenant (junior grade), after being sworn in by RAdm Donald L. Custis, left, commanding officer of the Hospital. Ltjg Martin was a laboratory technician before receiving his commission in the allied sciences section of the MSC in October.

Royal Thai Navy officer here to take medical photo course

The Medical Photography School has an unusual student in the current class – the head of photography for a hospital in Thailand.

Ltjg Niyom Kuldilok, Royal Thai Navy, will be at the school for 30 weeks as a medical photography student. Ltjg Kuldilok said he is here to learn the latest techniques, and to gain experience using the latest equipment.

In Thailand he is head of photography at the Prapinkloa Hospital, having worked his way up through the enlisted ranks of the Royal Thai Navy, receiving his commission in 1964.

With the experience he gains here, he will set up a school of medical photography in Thailand when he returns.

The thing that has most impressed him about the United States is how "very convenient" everything is, especially the roads. "In Thailand," he explains, "the roads are bad and crowded. They are very bad when the rain falls."

He speaks English very well, but he says he has trouble communicating, because there are so many words for the same thing, like girl, lady, gal, woman, etc.

Though he is here as a student, Ltjg Kuldilok has extensive experience in photography. He attended a two-year course in general photography at a technical

institute in Thailand, and since his assignment as head of photography at the hospital in 1965, he has done both still and motion picture medical photography.

Ltjg Kuldilok will return to Thailand in May. He is married and has two sons and two daughters.



Ltjg Kuldilok

Personnel in the spotlight

Alice M. Banks, fiscal accounting assistant received an Outstanding Performance Rating.

Fay G. Bowden, accounting technician, received an Outstanding Performance Rating.

Janet M. Byrd, personnel clerk (typing), received an Outstanding Performance Rating and a Quality Salary Increase.

Lawrence L. Christy, laundry plant manager, received an Outstanding Performance Rating.

PCC Charles C. Gillespie reenlisted for six years.

Raymond L. Grubb, foreman (leadingman) stockman, received an Outstanding Performance Rating.

Donald E. Jeffers, engineering technician, received an Outstanding Performance Rating.

Harry E. Johnson, janitor, received a Sustained Superior Performance Award.

Zedekiah R. Leatherman, painter, retired after five years of Federal Service, all at NNMC.

Allen L. Nicholson, pipefitter, received an Outstanding Performance Rating.

Margaret B. Porter, clerk (typing), received a Sustained Superior Performance Award.

Irving Prather, Jr., janitor, received a Sustained Superior Performance Award.

Hazel W. Pridgen, supervisory teletypist, received a Quality Salary Increase.

George M. Stant, landscape architect, received an Outstanding Performance Rating.

Ferdinand J. Walior, assistant laundry plant manager, received an Outstanding Performance Rating.

Charlie B. Webb, janitor, received an Outstanding Performance Rating.

William E. Wiggins, janitor, received an Outstanding Performance Rating.

HOSPITAL

Elaine Allen, clerk (typing), received a Quality Salary Increase.

Theodore Allen, janitor, received an Outstanding Performance Rating.

Ethel M. Bailey, patient escort, received a Sustained Superior Performance Award.

HM2 Henry L. Callins reenlisted for six years.

John T. Chambers was promoted to Commander, Medical Corps.

Rebecca B. Covert, janitor, received a Sustained Superior Performance Award.

Lt Michael Dainer augmented to the regular Navy.

Stephen Dashev was promoted to Lieutenant Commander, Medical Corps.

HM3 John Donnini reenlisted for six years.

Lt Sandra B. Doppelheuer augmented to the regular Navy.

Audrey Dorsey, janitor foreman, received an Outstanding Performance Rating.

Vivian M. Dupuy, clerk dictating machine transcriber, received a Quality Salary Increase.

Elease K. Fowler, clerk-typist, received an Outstanding Performance Rating.

Jonathan Kelley was promoted to Lieutenant Commander, Medical Corps.

William Lell was promoted to Lieutenant Commander, Medical Corps.

Michael Levine was promoted to Lieutenant Commander, Medical Corps.

HN Christopher J. Mann had a beneficial suggestion adopted.

Early Martin was commissioned Lieutenant (junior grade), Medical Service Corps.

Cdr Lois C. Merritt retired after 24 years of Naval Service.

Agnes Mosley, janitor, retired after seven years of Federal Service, all here at the Center.

Henrietta C. McCain, patient escort, received a Sustained Superior Performance Award.

Lt William Profflet was awarded the Navy Achievement Medal.

LCdr Jon Rahman augmented to the regular Navy.

Ruth E. Rozier, janitor, received an Outstanding Performance Rating.

Lt Kathleen Ryan augmented to the regular Navy.

Robert Siegel was promoted to Lieutenant (junior grade), Nurse Corps.

Lt Joseph Smith augmented to the regular Navy.

Margaret Smith was promoted to Lieutenant (junior grade), Nurse Corps.

Thomas R. Smith, histopathology technician, received an Outstanding Performance Rating.

Lt Rose Ann Stasko augmented to the regular Navy.

Cdr Herbert Steimel was awarded the Navy Commendation Medal.

Edward E. Thomas, food service worker, received a Sustained Superior Performance Award.

Odessa V. White, patient escort, received a Sustained Superior Performance Award.

Paul R. Young, pharmacist, received an Outstanding Performance Rating.

NMTI

Harry W. Barrett was advanced in rate to HM3.

Ralph A. Buonomo, electronics technician, received an Outstanding Performance Rating.

Bruce A. Cameron was advanced in rate to HM2.

Marlis K. Danevic, clerk-translator (typing), received an Outstanding Performance Rating.

LCdr David J. Egan retired after 30 years of Naval Service.

Bruno J. Figallo, supervisory audio-visual production specialist, received an Outstanding Performance Rating and a Quality Salary Increase.

Charles A. Greene, Jr., motion picture production specialist, received an Outstanding Performance Rating.

Ralph E. Havranek, visual information specialist, received an Outstanding Performance Rating.

Edward E. Hogg was advanced in rate to HMC.

Cecelia N. Issacson, clerk dictating machine transcriber, received an Outstanding Performance Rating.

Effie P. Jackson, clerk-stenography, received an Outstanding Performance Rating.

Margaret Kane, clerk (supervisory correspondence), received an Outstanding Performance Rating.

Michele R. Kingsley, clerk (typing), received an Outstanding Performance Rating and a Quality Salary Increase.

Louis J. Ousbourn, electronic technician, received an Outstanding Performance Rating.

Walter S. Prothero was advanced in rate to HM1.

James A. Rollen was advanced in rate to HMC.

John P. Samuels, visual information specialist, received an Outstanding Performance Rating.

Clinton L. Sexton, electronics technician, received an Outstanding Performance Rating and a Quality Salary Increase.

Carl Shirmer, illustrator, received an Outstanding Performance Rating and a Quality Salary Increase.

Rosemary B. Spitzen, librarian, received an Outstanding Performance Rating.

Lois B. Springirth, library technician, received an Outstanding Performance Rating.

Lani F. Waiwairole, television production specialist, received an Outstanding Performance Rating.

HMC Charles W. West reenlisted for two years.

Carol L. Willis, visual information specialist (steno), received an Outstanding Performance Rating.

Harry G. Zaritsky, motion picture specialist, received an Outstanding Performance Rating.

NMRI

Carole S. Burton, operating room nurse, received an Outstanding Performance Rating.

Asa B. Dorsey, animal keeper foreman, received an Outstanding Performance Rating.

Frank L. Grubbs was advanced in rate to HM1.

Marion Harris, personnel clerk (typing), received an Outstanding Performance Rating.

Melvin K. Hawkins was advanced in rate to HM1.

John D. Hill, janitor, received a Sustained Superior Performance Award.

Elder L. Lawson, animal keeper, received a Sustained Superior Performance Award.

Harold J. Loomis was advanced in rate to HM1.

Roland B. Mandapat was advanced in rate to HMC.

Edward L. Runkles, animal keeper foreman, received a Sustained Superior Performance Award.

Walter G. Sewell, parts and equipment steam cleaner, had a Beneficial Suggestion adopted.

ET1 Jesse V. Teal received the Vietnamese Technical Service Medal Second Class.

NSHCA

Lt James D. Bentley received a Letter of Appreciation.

Lt Peter T. Cox was awarded the Navy Achievement Medal.

HM1 Charles Jones was transferred to the Fleet Reserve after 20 years of Naval Service.

Lt Paul L. Knight was awarded the Navy Achievement Medal.

R. L. Patton was advanced to HMC.

NGDS

Mary Ann Childs, secretary (stenography), received a Sustained Superior Performance Award.

Patricia A. DeCoursey, library technician, received an Outstanding Performance Rating.

Albert Gaist, mechanical engineering technician, received an Outstanding Performance Rating.

NMDSC

Daniel W. Nightingale, digital computer systems administrator, received an Outstanding Performance Rating.

James L. Rainey, EAM operator, retired after 16 years of Federal Service, four here at the Center.

AFRRI

SK2 Ronald Bowie reenlisted for four years.

HM1 Walter L. Stringfield reenlisted for six years.

Dental wives raise \$500 for pediatric patients' pleasure

by Teresa Bartlett

A tip of the flat-hat to the wives of the residents of the Graduate Dental School. Their \$500.-plus raised for the pediatric patients at the Center, has purchased many a future smile. Though the infant swings, strollers, books and toys may not make a hospital stay a pleasure, they can certainly help to make the lonely hours seem shorter.

The gals were lauded, deservedly, in the October 11 issue of Navy Times, and they're still hard at work making p.j.'s and knitting slippers for our little friends.

Many of us will be asked, soon, to donate our time and money for yet another very pressing need, at the other end of the age spectrum, the residents of Vinson Hall. In its endeavor to provide a residence for widows of regular, and reserve officers of the sea services, retired officers, their spouses and dependent parents, some of whom have no assets, Vinson Hall is experiencing serious financial difficulties. They look to the Navy Wives' Clubs for their typical cheerful willingness to help.

When your club calls on you to volunteer your time for its special Vinson Hall fund-raiser, donate: yourself. Help the Navy, Marine, and Coast Guard Residence Foundation to continue its fine job of providing

residence "in dignity" friendship and security," for those who have served and their loved ones. Further questions can be directed to:

Volunteers For Vinson Hall
6251 Old Dominion
McLean, Val. 22101

The Doctor's Wives club will be making a Capital Tour on Nov. 6. They will have the second segment of their Christmas card making crafts series on Nov. 14-15.

The area Dental Wives will be featuring a VIP luncheon honoring the wives of the Heads of Departments. Mr. W. "Bill" Bushing, national manager of cocktails and cordials for Hiram Walker, will be *Cooking with Cordials* for them on Nov. 8, at the O' Club. Mrs. Elena Wolkonsky will have her popular brassware on display during the luncheon for early Christmas shoppers.

The C.P.O. Wives' Club will be sponsoring a bake sale at the Navy Exchange on Nov. 18, from 9 a.m. to noon. Proceeds will go to their special charities fund.

A flower show-Japanese style-will be the feature of the M.S.C. Wives club at their Nov. 16 luncheon.



Margie and Paul Geisler were among the hundred-plus Centerites to attend the first annual Civilian Employees' Recreation Association (CERA) dinner dance. Dancers had so much fun that they asked the orchestra to stay for an extra hour.

Next on the agenda for CERA is an election of officers which will be held November 16th from 11 a.m. to 1 p.m. in the Center Auditorium. Ballots have been printed listing announced candidates, but write-in votes will be accepted.

The candidates are: for president, Charles Easton and Margaret Gates; for vice president, Margaret Beach and Carl Hahn; for treasurer, Alice Banks and Camille Mason; for corresponding secretary, Ruth Crowley; and for recording secretary, Frances Johnson and Patricia Simmons.

For board of directors, members will vote for three of the following: Johnnie Briscoe, Juliet Drew, Bertha Gorman, Cecelia Isaacson, Gennie Orent, Bernie Rolf, and Virginia Stewart.

Getting short?

What to look for in your next job

Here are a few tips on getting a job in civilian life.

Upon leaving the service be sure to seek an employer that can meet the following conditions:

You should receive at least \$480 take home pay per month after taxes, dues and medical insurance. Request regular promotions with pay raises for length of employment.

Request 30 days paid vacation per year starting with your first year. Also, you should have low rate or free world travel privileges anytime on vacation.

You must be able to continue your education with the company paying 75 percent of the cost of learning. If you are selected for college, your tuition should be paid and your normal salary continued.

Ask for \$300 worth of clothing and a monthly maintenance allowance, plus rations and housing allowance.

Make sure the company has a swimming pool, tennis courts, golf course, library and movie theater for your use.

Your employer should also provide unlimited sick leave with pay, and don't forget, dental and medical care should be free for yourself and your family.

The company should provide a grocery, department, laundry, variety and other stores which reduce your expenses up to 30 per cent.

Make sure the retirement clause states that you may retire after 20 years, at half pay.

You should be able to relocate at your request, anywhere in the United States or free world. Have the company pay your travel expenses up to six cents a mile and move your household articles free of charge. If you are married, make sure your dependents travel for free and that you receive one month's extra housing allowance each time you move.

Inform your employer you want up to \$10,000 to stay on with him.

Don't forget to let your employer know that you are not experienced in the work, but you would like to train and receive all company benefits right from the start.

Now, if your would-be employer cannot meet the above requirements, see your Career Counselor - he works for an employer that can!

Theodore Roosevelt award

(Continued from page 1)

Educating parents and professionals is only part of Dr. Mock's "hobby." As a spokesman for the Prince Georges County Coalition for Support of Handicapped Children, Dr. Mock has gone to county budget hearings to fight for financial support of programs for the handicapped. He has spoken to the Maryland State Legislature on behalf of special education. He is now serving on an advisory committee to the County Board of Education on education of the hearing handicapped.

"The key is trying to work with educators," he emphasizes, "not against them." And, Dr. Mock has experience in working with educators. In 1970 he was appointed to a subcommittee of the Prince Georges County Commissioners' committee on educational priorities. The goal of the subcommittee was to recommend ways to improve the teaching of reading in the 1970s. The recommendations of the subcommittee were written by Dr. Mock, and with minor changes, adopted by the County as the "Right to Read" program.

The program established annual tests to measure reading abilities of students, with an aim to isolate and eliminate weak spots in the teaching program. Under the program, the number of different methods of teaching reading skills has been reduced from 19 to 12. "However," comments Dr. Mock, "we would like to

see just five or six."

The "coup de grace" of his groups' efforts, according to Dr. Mock, is that the county now offers classes in sign language in its high schools. Though offered primarily for those interested in careers of working with the handicapped, many of the students enrolling in the course are friends of people that have hearing handicaps.

Dr. Mock also plays an active role at the St. Matthews United Methodist Church in Bowie. He served as chairman of the music committee last year, and has been guest organist there, and at other area churches. He also served as organist and choir director at Douglas Memorial Methodist Church in Washington.

When he came to Washington in 1969, Dr. Mock was assigned as senior medical officer at the Naval Air Facility at Andrews Air Force Base. While there, he counseled personnel on drug abuse, and conducted drug abuse lectures for military personnel, local public schools, PTAs and church groups.

He is a recent recipient of the American Medical Association's Physician Recognition Award for acquiring 150 hours of postgraduate education in a three-year period. He was also selected to appear in the 1972 edition of "Outstanding Young Men of America."

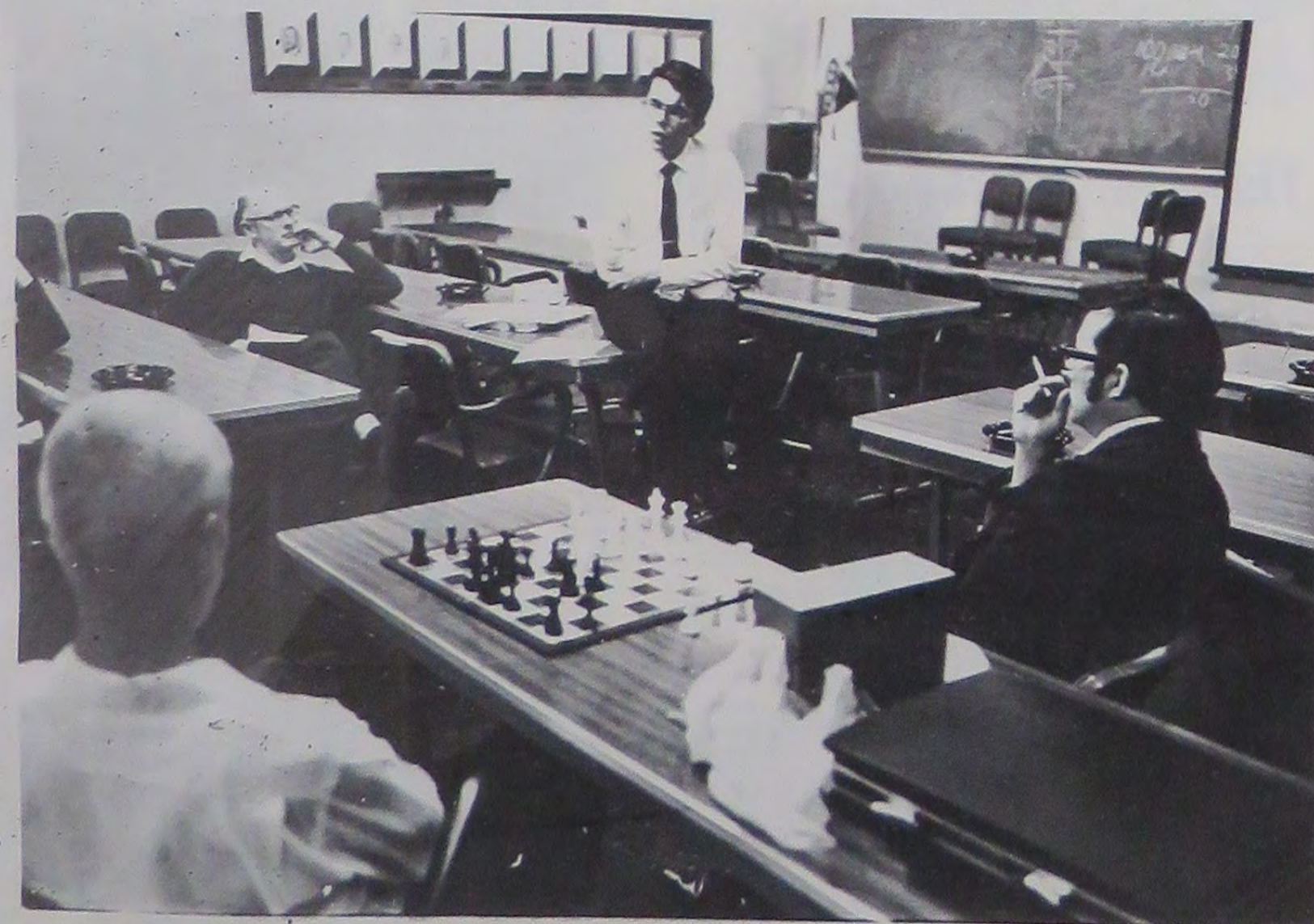
Survivor Benefits Plan

(Continued from page 1)

to participate at less than maximum level or to decline participation must be in writing if he has a spouse or child at retirement. A spouse affected will be advised of such a decision made by the retiring member.

Created by a law applying to all components of the

Uniformed Services, SBP applies also to members and retirees of the U.S. Coast Guard and of the Commissioned Corps of the Public Health Service and the National Oceanic and Atmospheric Administration, as well as to members and retirees of the Military Services.



Lt Louis Galie tells the members of the new NNMC Chess Club what is in store for them. At the first meeting of the club, he outlined the immediate future, which includes a round-robin tournament among members to establish rankings for the players

in the United States Chess Federation, and a possible merger with the Naval Security Station club. The club is open to all personnel at the Center. For information call Bill Dwyer at 50031.



John Murray (number 14) does what he did all season—score a touchdown for NMRI. This TD was on a pass from Jim Wild in a game against the Scrummies.

New books in Crew's Library

Non-Fiction

Courtney, F.--The Eighth Sea-- One of the legends of the aviation world

Dillard, J.--Black English-- Its history and usage in the United States

Gabor, D.--Mature society, 1972-- A view of the future

Graham, R.--Dov, 1972-- The true story of a 16 year old boy who sailed his 24 foot sloop around the world discovering adventure and love

US Labor Dept.--Occupational outlook handbook, 1972-1973

FICTION

Garfield, B.--Line of succession, 1972-- The terms of the Pres. and Vice Pres. shall end at noon on the 20th day of Jan. and the terms of their successor shall then begin.

Perrault, E.G.--The twelfth mile, 1972-- A novel of adventure and espionage at sea.

Robinson, E.--Sloth and Heathen folly, 1972-- Henry Parker is an American "psy-warrior"—an officer of the U.S. Information service—stationed in Gamalia.



John Wixon executes a kick at the Tri-State Karate Championships. Wixon, who is a member of the Center Self Defense Club, won 3rd place in the White Belt Sparring division of the meet.

The instructor of the Center club, Gary Thornhill, won 2nd place in the Black Belt Weapons division. These honors bring the total of Championship titles for the club to six for the year.

The club meets on Mondays and Wednesdays from 5 to 7 p.m. at the Gym in EMQ 12.

Flag football finished

The NMRI flag football team finished in third place in the Walter Reed league with a 6-4 record. The Admirals team ended up in seventh place with a 4-5 record.

NMRI

After losing four of their first six games, NMRI came back to win four straight.

They avenged their early loss to the MPs by beating them 6-0 in a game played on a cold (37 degrees) night, on a field half covered with mud.

With both teams dropping passes, and with touchdowns called back by penalties, finally Les Swafford hit John Murray on a pass play that went 50 yards. Murray out ran everyone and gave NMRI the only score of the game.

NMRI met the Admirals in their next game, overwhelming them 30-6.

The Admirals drew first blood with a screen pass from Ron Rusek to Pat O'Leary for a 20 yard touchdown.

In the second half, Swafford hit Mike Strack on a swing pass, and Strack scampered 40 yards for the NMRI TD.

Then, switching roles, Strack hit Swafford in the end zone with a 35-yard pass for NMRI's third TD.

Crothe added six more points for NMRI by intercepting an Admirals' pass and running it back 40 yards. NMRI's final score came on a 10-yard pass from Swafford to Murray, in the end zone.

In their last game of the regular season, NMRI walloped the Scrummies 32-0.

Banko constantly pressured the Scrummie quarterback, dropping them for several losses. Ed Mortimer pulled down two interceptions and Murray snagged one, to frustrate the Scrummies' offensive efforts.

With Wild at quarterback, and good protection from center Mike Mason, and from guard Chris Swan, NMRI launched an aerial attack. A pass to Mortimer went for 50 yards and a TD. Wild swept right end for the PAT.

Wild later ran around right end for 15 yards and the second NMRI TD. Murray made a fantastic catch of a Wild pass for the PAT, giving NMRI a 16-0 lead.

Murray soon intercepted a Scrummie pass and ran it to the Scrummie 25. Wild was decked on the next play, plus pass interference was called on the Scrummies, giving the NMRI the ball on the 5-yard line. On a busted play, Wild scrambled over the goal line for another TD. On the PAT Wild tossed a strike to Mortimer who was tiptoeing along the back line of the end zone.

Volleyball team unbeaten

The Center now has a volleyball team that is devastating the opposition in the Montgomery County "B" League. To date, they have won nine straight games in a convincing manner.

Bruce Wilson, coach of the team, feels that the team probably should be playing in the "A" League, which has more experienced teams.

Mike Beach of the County Recreation Department agrees with Wilson, and says it will probably be possible to switch the Center team to the "A" league in the Spring. Beach cautions against overoptimism however. He says that the "B" league teams get better during the season, as they get more experience.

The team is allowed to have 15 players, but only has 10. Wilson is "scouring the base" looking for five more people to fill the roster. Anyone interested should call him at 51290.

Third tennis tourney held

by Ray Johnson

The third NNMC Tennis Tournament to be held within the past year was met with great enthusiasm and tough competition among the base players. In September, 22 men and one woman participated in the singles competition, and 8 teams competed in the doubles event.

Utilizing the powerful serve and volley game he displayed in the Spring tournament, Dave John came back to win the championship he dropped to Don Johnson in that tournament by defeating Gordon Middleton in a grueling three-set match, 4-6, 7-5, 6-3. Middleton had displayed beautiful form and consistent play to reach the finals.

Third and fourth in the singles went to Vic Hamilton and Dave Hammond, respectively. Both of these men fell victim to the first and second place winners.

In the doubles competition, Ray Johnson and Vic Hamilton teamed up to defeat Dave John and Paul Sydlowski, 6-3, 7-9, 6-1. Having shown aggressive play in the first set, Johnson and Hamilton faltered in the second set, but were able to regain their confidence and win the third set with more authority.

The one woman participant, Pat Brisky, was doing her thing for women's lib. Although she had attempted to persuade more female participation, she stood alone for the cause, and lost a three-set match in first round competition to Mike Morrell.

Then, in the third quarter, Wild hit Murray with a 20-yard pass, and Murray ran 20 more for the TD. NMRI got two more points on a guard eligible pass to Swan for the PAT.

The win over the Scrummies put NMRI in the playoffs to decide third place honors and NMRI faced the Scrummies again, this time beating them 22-6.

NMRI had the ball for all but two plays of the first quarter but were unable to score. After a long drive to the 5-yard line, NMRI lost the ball on downs. They got it right back however, when Doonan grabbed his first of two interceptions in the game.

In the second quarter, NMRI got on the scoreboard with a 10-yard Wild to Murray TD pass. Wild threw to Mortimer for the PAT, ending the first half scoring.

In the third quarter, a 40-yard Wild to Murray pass, followed by a 15-yard Wild to Murray pass added 6 to NMRI's total. The third consecutive Wild Murray combination scored the PAT.

In the fourth quarter, left halfback Mike Strack spotted a weakness in the Scrummie defense, and he asked Wild to test it. Wild then fired a 30-yard pass to Strack, who ran for the remaining 30 yards and a TD.

On the last play of the game the Scrummies connected on a 60-yard touchdown bomb, ending NMRI's chances for a shutout.

ADMIRALS

In the final four games of the season for the Admirals, they ran hot and cold, winning two and losing two.

The Admirals could do no wrong against the Outpatients, crushing them 36-8.

Rusek threw touchdown passes to Rick Sanders, Pat O'Leary and Jim Saunders, and broke one himself for a 25-yard touchdown run.

Mick McDonald picked off an Outpatient pass and ran it back 38 yards for a TD.

The Admirals dropped their next two, the first to NMRI, then a 26-16 loss to Cool Breeze.

Cool Breeze struck first, with a quick drive in the first quarter. A long pass went for a TD, but the PAT failed.

The Admirals came back with a Rusek sweep for a touchdown. A two-point conversion put the Admirals ahead 8-6. The Admirals were on the move for another score, but time ran out in the first half.

A Rusek pass to Kipp in the third quarter, and a two-point conversion put the Admirals ahead 16-6.

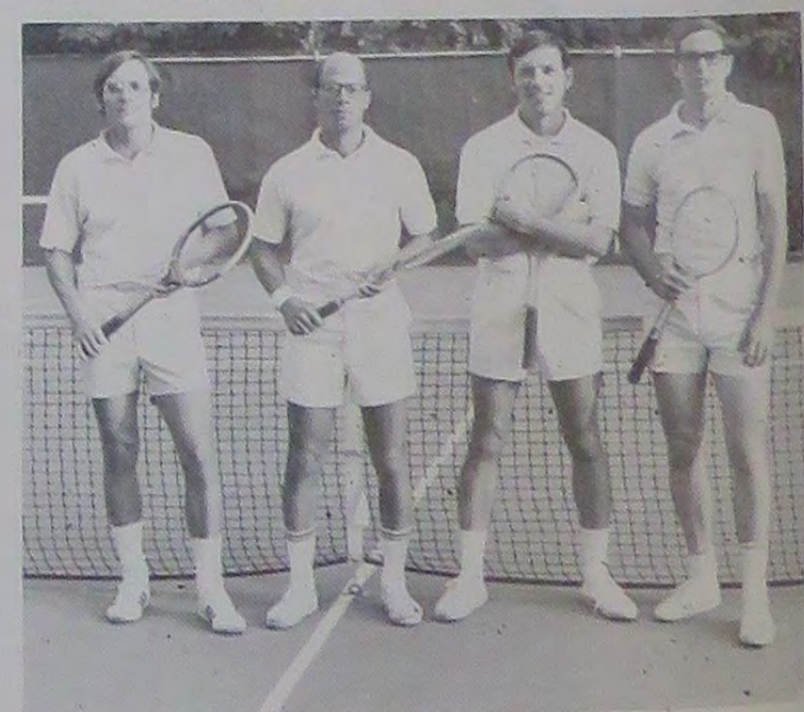
Cool Breeze snapped back on a series of long gainers, ending in a TD. The PAT was no good, and the Admirals still led 16-12. With only three minutes left on the clock, the Cool Breeze scored twice, giving them the win.

Next, the Admirals met the MPs in a battle of defenses. The Admirals won the game 6-0 on a defensive play.

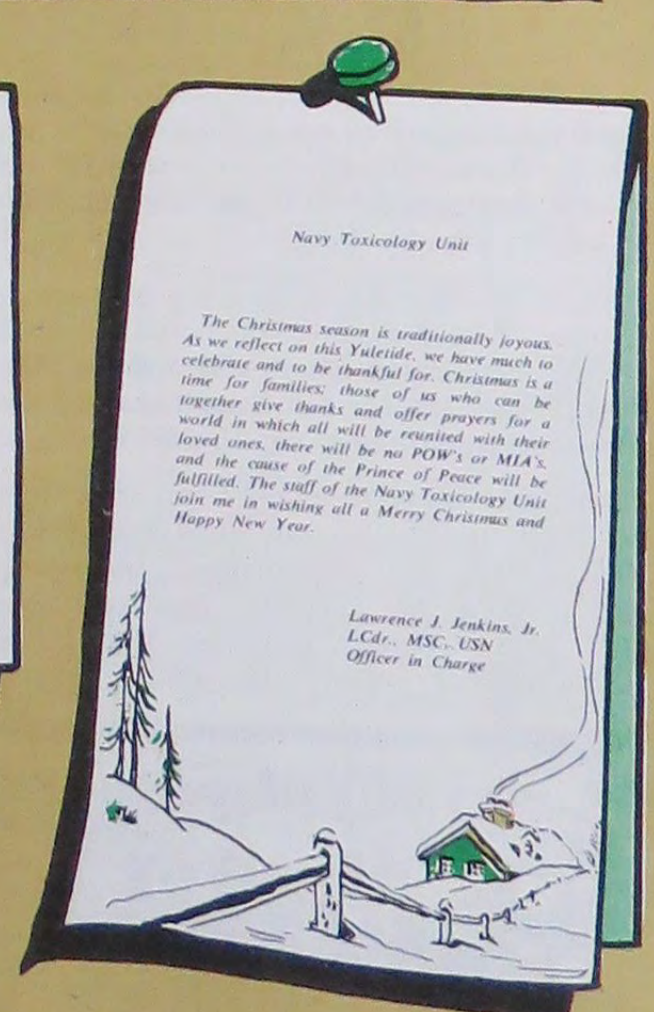
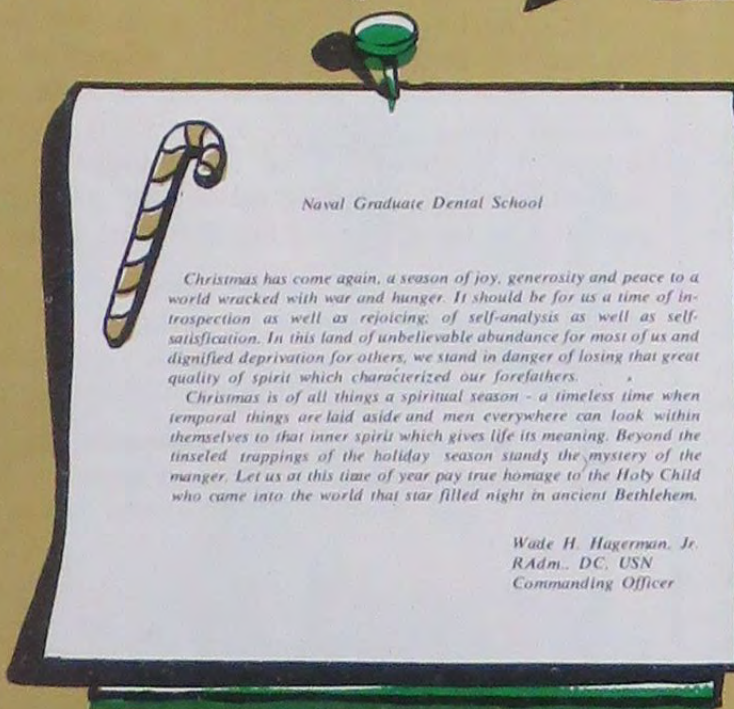
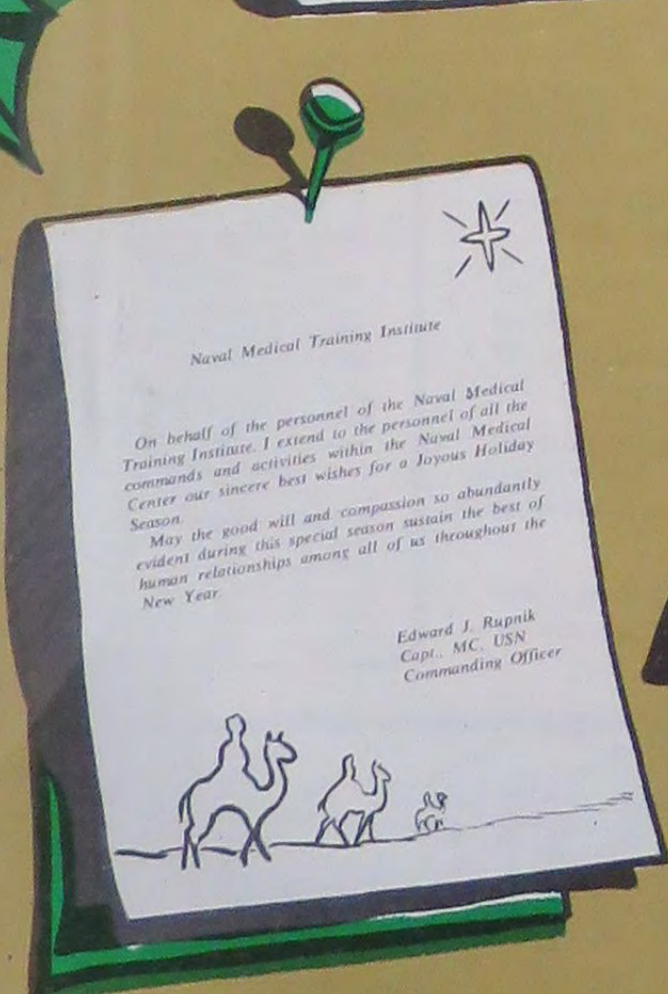
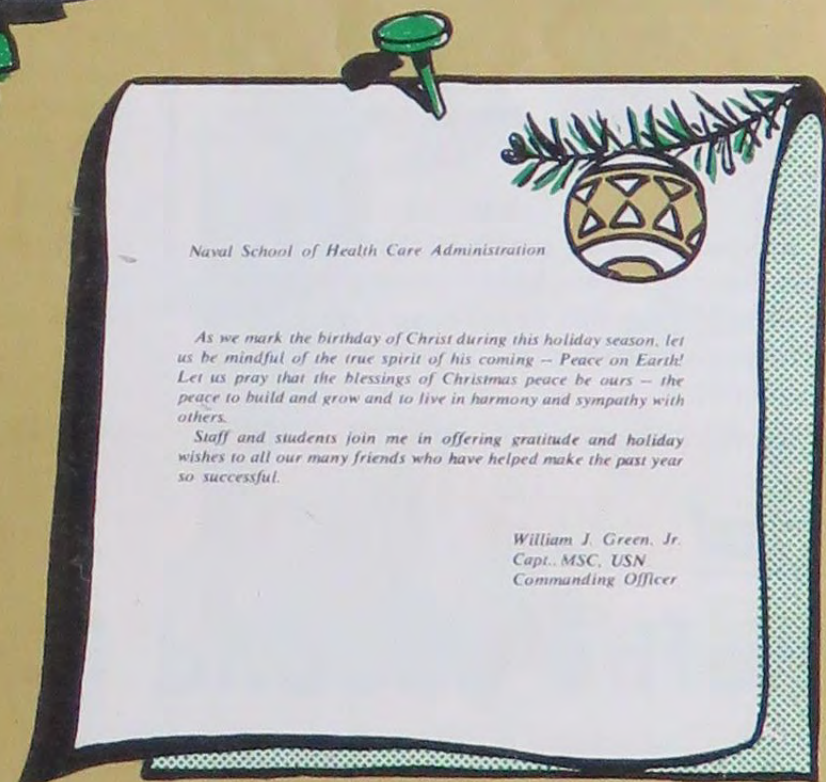
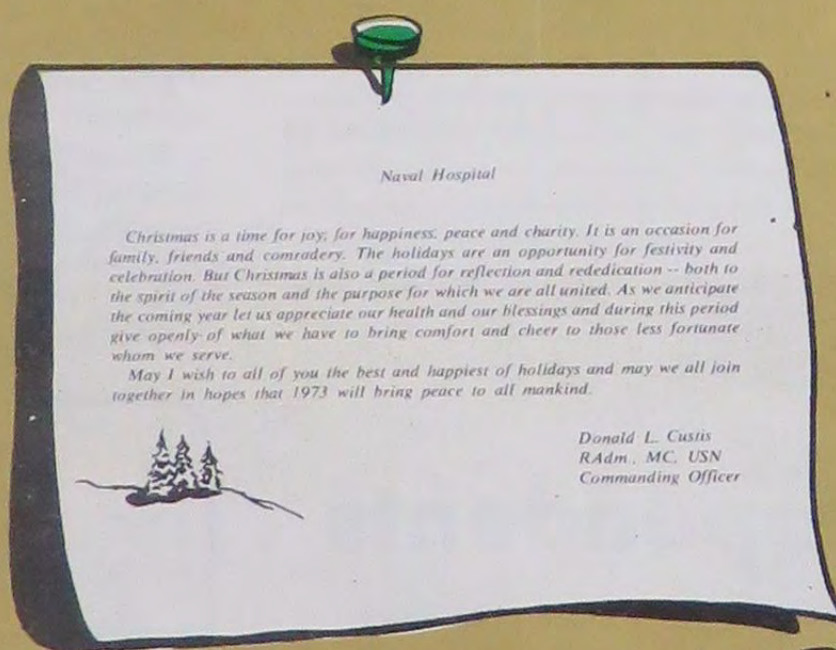
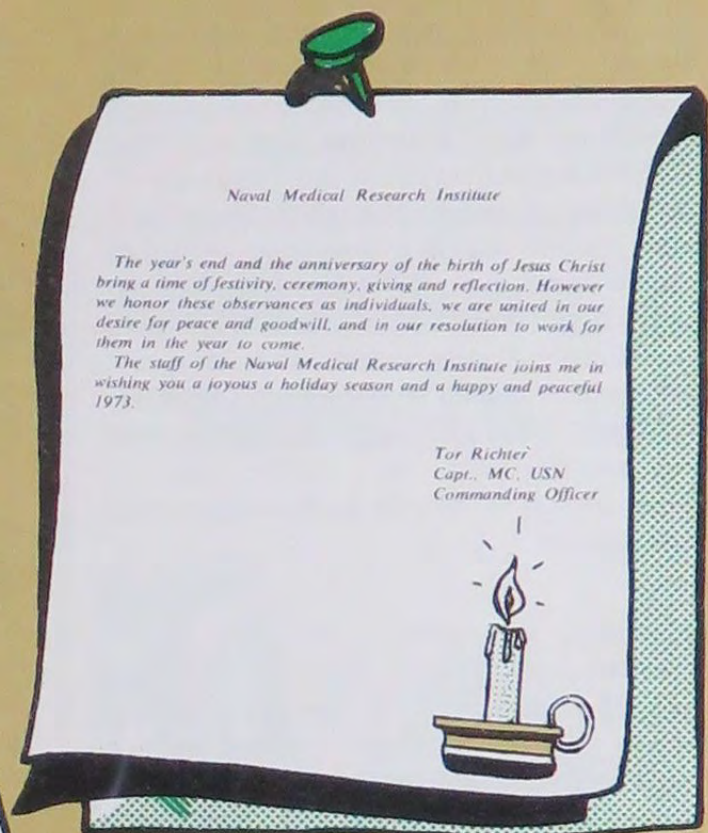
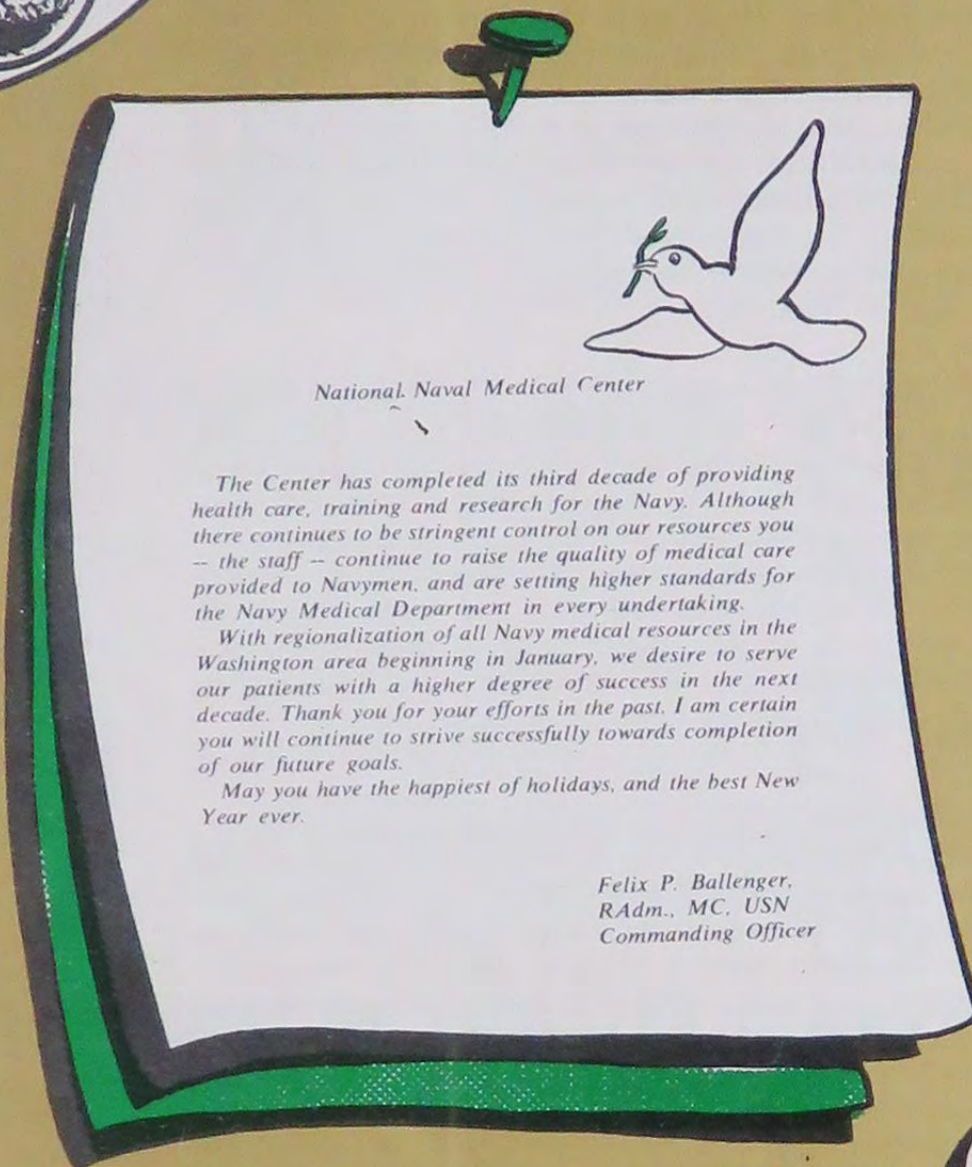
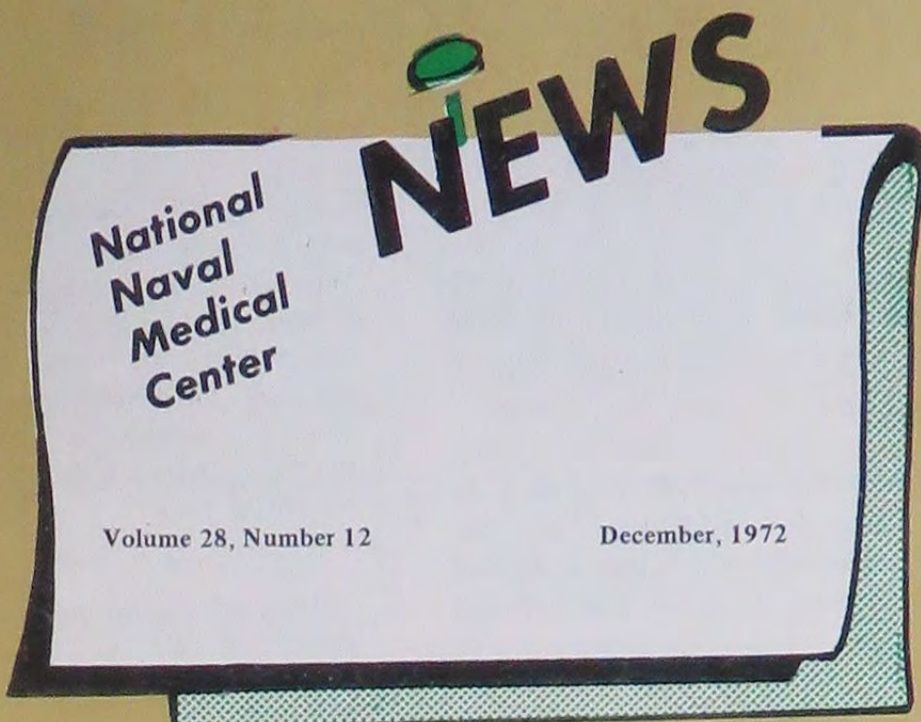
The MPs were on their own two-yard line and tried to pass their way to some breathing room. But Jerry Moore put pressure on the quarterback, leaping as the ball was thrown. Moore snagged it and came down in the end zone for the winning Admirals touchdown.



The members of the NNMC golf team, winners of the 1972 Intramural league. From left: George Conley, Carmine Guadagno, Chet DeCesaris, Felix Ballenger, Ed Garnett, Joe DePompa, Cliff Kovarik, Pete Potter, and Dick Wentworth.



Four of the winners of the Fall Tennis Tournament. From left: Dave Hammond (4th singles), Ray Johnson (1st doubles), Vic Hamilton (1st doubles and 3rd singles), and Gordon Middleton (2nd singles).



Editorial

Benefits abound for dependents

Chaplain's Column

NNMC NEWS
 National Naval Medical Center
 Bethesda, Maryland 20014

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 COMMANDING OFFICER

RADM D.L. CUSTIS, MC, USN
 DEPUTY COMMANDING OFFICER

CAPT F.B. ESSMAN, MSC, USN
 ADMINISTRATIVE OFFICER

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 Medical Training Institute
 RADM W. H. Hagerman C.O.Naval
 Graduate Dental School
 Capt. T. Richter, MC, USN C.O.Naval
 Medical Research Institute
 Capt. W.J. Green, MSC, USN C.O.Naval
 School of Health Care Administration
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Center to begin regionalization January 1

The newest concept in health care delivery systems is coming to the Washington area. Known as "regionalization," the system will join all area Navy medical facilities under a single director, and will provide for sharing of health care resources.

Regionalization has already been established in Portsmouth, Va., and other areas, and promises to meet three objectives. First, it will provide more and better health care services to all people authorized to receive Navy medical care. Second, because of these increased services, the satisfaction of patients and staff should increase, creating a boost in morale. The third objective is to use all of the medical resources in the most efficient and effective manner.

Implementation of the regionalization plan is scheduled to begin January 1.

The Center will have a new name - The National Naval and Regional Medical Center - and the commanding officer of the Center will assume additional duties as director of the Regional Medical Center.

Within the region will be five sub-regions: Annapolis, Bethesda, Patuxent, Quantico, and Washington, D.C.

Plans for the regionalization have been submitted to the Chief of the Bureau of Medicine and Surgery for approval. These plans outline many new ideas in health

care delivery.

Innovations which might be implemented if the proposed plans are approved include:

- Personnel temporarily assigned to areas during peak work load times.
 - Specialty clinics held periodically at outlying facilities on an appointment basis.
 - Increased services such as well baby clinics, school physicals and other routine physicals.
 - A standardized list of drugs available at all regional facilities.
 - Central compounding and packaging of pharmaceuticals.
 - Subregionally coordinated preventive medicine and environmental sanitation services.
 - Centrally located optometry services.
 - Expanded and improved quality control programs for lab, x-ray, and pharmacy.
 - A "problem oriented medical record system."
- In addition to these patient care innovations, possible changes have been outlined in resources management, including:
- Extended hours of operation at selected dispensary facilities.
 - Demographic data compiled on the population served for workload prediction.
 - Personnel requirements continually reviewed.
 - Improved distribution of specially qualified

medical department personnel within the region.

- Scheduled visits to regional facilities by a medical department career counseling team.
 - A centrally coordinated military indoctrination program for medical officers reporting for their initial period of active duty.
 - Subregional medical/dental supply support.
 - Separate medical storerooms at outlying facilities eliminated where feasible.
 - Subregionally centralized medical/technical equipment management.
 - A regionwide schedule for facility maintenance and replacement.
 - Expanded data processing support.
- Other possible innovations include:
- An expanded information program directed toward the population supported.
 - Standardized outpatient identification cards throughout the region.
 - Inter-facility electronic medical records transmission.
 - A central appointment system for the region.

The proposed regionalization plan notes that many of the planned innovations might be possible under the present setup of 18 different patient care facilities under six separate managements, but regionalization would be cheaper and easier to implement.

Combined Federal Campaign drive ends

This year's Combined Federal Campaign (CFC) has ended with most commands reporting close to last year's record setting contributions, and a couple exceeding last year's total, despite fewer personnel on board.

With contributions of \$25,315.95 from all commands, the Center finished \$1,300 short of last year's record amount. This was accomplished with 120 fewer personnel.

Setting the pace this year was the Toxicology Unit (NTU) with 223 per cent of its goal, and 100 per cent participation.

As usual, the School of Health Care Administration submitted its final report just after the beginning of the

drive. This time the School reported 105 per cent of its goal and 100 per cent participation.

With a big surge at the finish, the Medical Research Institute reached 101 per cent of its goal with 64 per cent participation.

The Medical Training Institute had 76 per cent participation and reached 70 per cent of its goal.

The Medical Data Services Center reported 75 per cent participation and 51 per cent of its goal.

Center Command, with a goal almost double that of last year, reached 69 per cent participation, and 43 per cent of its goal.

The Hospital reached 43 per cent participation, and 40 per cent of its goal.

LCdr Dasler gets award at AMSUS meet

LCdr Adolph R. Dasler has been selected to receive the 1972 Major Gary Wratten Award at the annual meeting of the Association of Military Surgeons of the United States.

LCdr Dasler received this honor for his work as the head of the Heat Stress Laboratory at the Naval Medical Research Institute.

For the past eleven years Dr. Dasler has specialized in environmental physiology relative to military and

industrial heat stress problems. He developed techniques to interrelate complicated physiological, environmental and engineering factors associated with working men, in order to assess the impact of environmental stresses on physiological performance.

His extensive study of physiological adaptation to natural and artificial climates has become a model for future research on numerous military medicine

(Continued on page 8)

RAdm Robert O. Canada former CO, NNMCC



RAdm Robert O. Canada, MC, USN, (Ret.), died in Tokyo, Japan on December 5 at the age of 59, after a brief illness. RAdm Canada preceded RAdm Felix P. Ballenger as commanding officer of NNMCC.

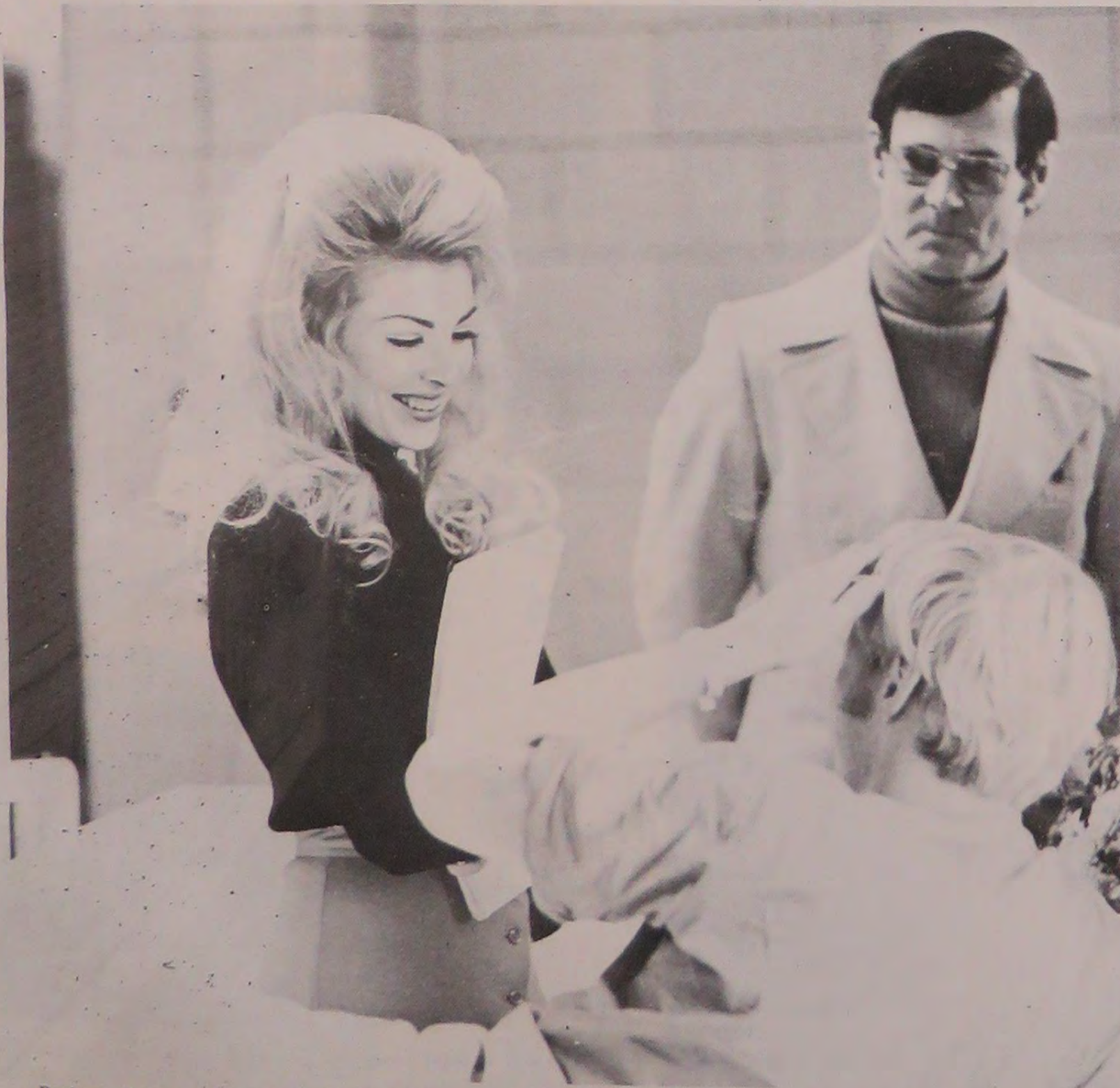
A native of Grottoes, Virginia, he graduated from the University of Virginia and the University of Virginia Medical School and entered the Navy Medical Corps in 1938. He was the Medical Officer of the USS Salinas, the first Navy vessel torpedoed in the Atlantic in World War II.

Doctor Canada was one of the pioneers in the antibiotic treatment of tuberculosis and became a nationally recognized expert in pulmonary diseases. He was certified by the American Board of Internal Medicine and the American College of Chest Physicians and was a Fellow of the American College of Physicians and was a member of the Clinical Climatological Medical Society, American Thoracic Society and the American Medical Association.

His more recent duties in the Navy included Senior Medical Officer of the USS Pasadena in World War II, command of the US Naval Hospital, Jacksonville, Florida and the National Naval Medical Center, Bethesda, Maryland and Deputy Surgeon General of the Navy.

Following retirement from the Navy in 1969 he was a member of the medical clinic at the Greenbrier Hotel, White Sulphur Springs, West Virginia.

Doctor Canada is survived by his widow Mrs. Julia Salter Canada of Lewisburg, West Virginia; a son Robert O. Canada, III of Utica New York; his mother, Mrs. Robert O. Canada, Sr. of Grottoes, Virginia; and a sister, Mrs. John O'Donnell of Orlando, Florida.



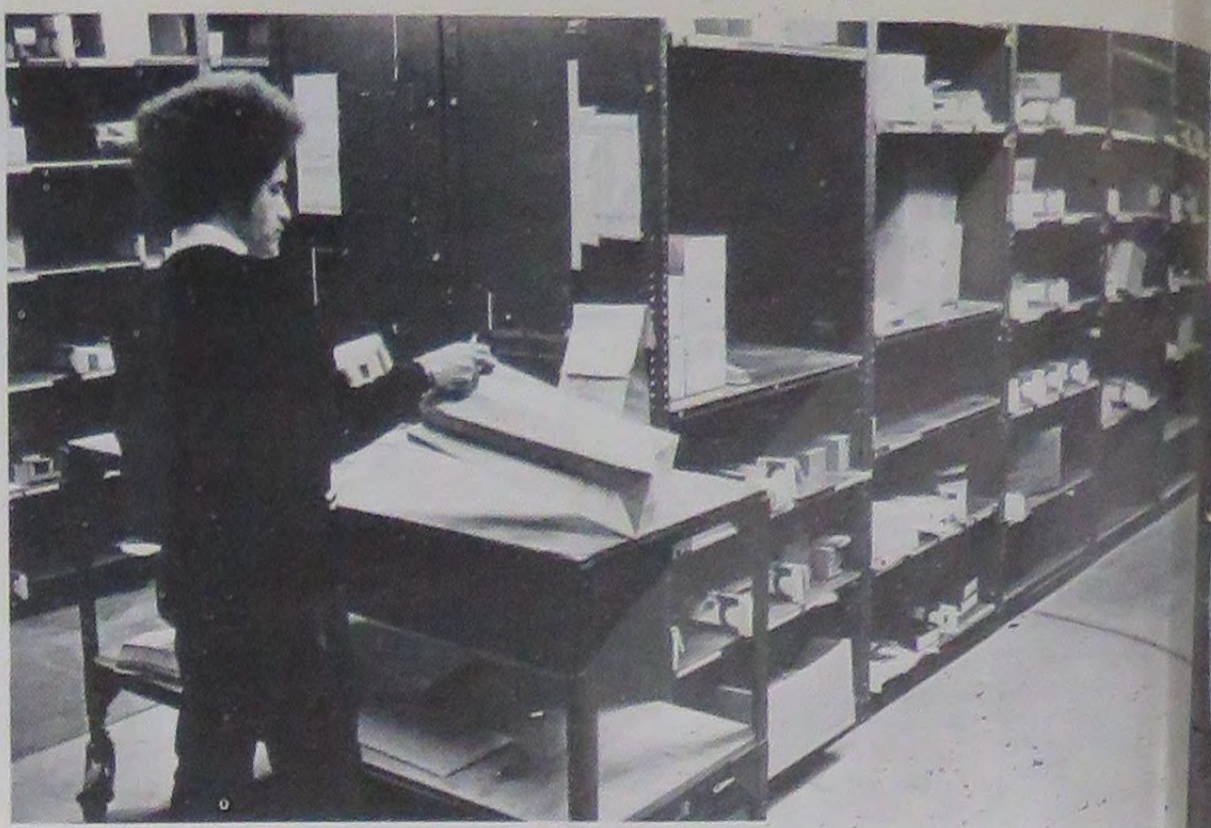
Patients here got a before-Christmas boost when exotic dancer Lilly Charisse dropped by for a visit. Miss Charisse has been starring around the country in the musical satire "Those Wonderful Days of Burlesk."

Accompanying Miss Charisse on her visit was her

husband-manager Ted Cooper. The pair have been visiting military hospitals because of the response of the patients. "I can't believe how much they really appreciate it," said Miss Charisse.



(Above) Norman Long puts an NNMC identification plate on a dictating machine. All equipment coming in is inspected, serial numbers are recorded, and the item is registered in an equipment log.



(Above) Leroy Holland fills an order for items that are stocked locally.

Their fingers do the walk



Every pencil, paper clip, desk, typewriter, coat rack, and almost anything else inside or outside the walls of the Center was purchased by the NNMC Supply Department.

Each year the 45 civilians and 4 Navy men under the direction of Charles W. Lawson, head of the department, order, receive, inspect, deliver, and authorize payment for literally millions of dollars worth of supplies and equipment. Last year Supply handled over 110,000 requests for items.

The Department has five divisions each taking care of a different part of buying the best merchandise at the lowest price.

The Purchase Division arranges for the purchase of all materials from outside sources by the Commands, and maintains liaison with the Purchasing Office, Washington, D.C. for procurement of items beyond the purchase authority of the Center.

The Control Division handles the requisitioning of all materials from the Defense Supply System. It also maintains locally stocked items at prescribed levels. The division reviews all requests to insure proper and accounting information is present.

The Material Division receives, inspects, stores, and handles the disposition of all incoming material, and handles the shipment of material.

The Subsistence Division requisitions and purchases all subsistence items. It also handles quality inspections, storage, and issue of these items.

The Property Division handles the receipt, marking, and issue of equipment. It is responsible for the relocation and disposal of equipment when necessary, and controls equipment shipped out for repair.

Regardless of the item, from the time it is ordered to the time it is away, Supply has something to do with it.



(Left) At least twice daily, a truck laden with supplies backs up to the "well" (the loading dock between buildings 1 and 4) to unload. Ernest Dunbar brings in supplies that will be sent throughout the buildings.

(Above) Watson Prather examines items as they come from the warehouse. After the materials are checked for accuracy and damage, the appropriate package is sent to the office that ordered it.



(Top) The people in the Receipt Control Branch handle some of the paperwork required to order and keep track of the millions of dollars worth of goods purchased each year.
(Above, left) John Wooditch and Juanita Garwood purchase

supplies and equipment that are not standard stock items.

(Above, right) Eileen Bliven looks an item up in one of supply's hundreds of catalogs. They maintain catalogs for almost anything that might be needed by the Center.



photos by B. Lowe

(Left) Charles Lambert gets supplies ready to be taken to the warehouse where they will be stored until needed.
(Right) Robert Rosier loads a truck headed for the warehouse with locally stocked items.





William L. Long, administrative officer of the Hospital is congratulated by his commanding officer, RADM Donald L. Custis, after being frocked as a Captain in the Medical Service Corps. Capt. Long is

entitled to use the title and wear the uniform of that rank. Smiling her approval is Capt. Long's wife Virginia.

Apply soon for PA

Applications for the Physician's Assistant program will be accepted beginning January 1. Closing date for applications is March 1.

Corpsmen accepted for the program will go either to the School of Health Care Sciences at Sheppard Air Force Base in Texas, or to The George Washington University in Washington, D.C., for one year of training. Following the on-campus year, each will spend a year at a naval hospital in a clinical clerkship, while still enrolled as students at the school.

Then the corpsmen will spend a third year in a clinical clerkship at the same naval hospital under the direction of the Navy. Students attending the school at Sheppard AFB will go to either: Camp Lejeune, N.C.; Charleston, S.C.; Jacksonville, or Pensacola, Fla.; Great Lakes, Ill.; or Long Beach, Camp Pendleton, or San Diego, Calif. Students at GWU will go to either Portsmouth, Va.; Bethesda, or Philadelphia.

Graduates of the program will be eligible to receive baccalaureate degrees as soon as they fulfill certain other curriculum requirements.

The first class of eight students will complete their studies at Sheppard in June 1973. At that time they will have had 1403 hours of instruction and an average of 1300 hours of outside study. In July of 1973 they begin 13 months of extensive training in patient

(Continued on page 8)

Personnel in the spotlight

NNMC

Bobby W. Anderson, electrician, received a Sustained Superior Performance Award.

Arnold Deleonibus, automotive mechanic, received a Sustained Superior Performance Award.

Raymond L. Grubb, foreman (leadingman) stockman, received a Sustained Superior Performance Award.

Roger J. Kalle, janitor, retired after 20 years of Federal Service, all at NNMC.

Paul G. Magrum, electrician, received a Superior Achievement Award.

Lottie L. Shankman, clerk-stenography, received a Quality Salary Increase.

Barbara Lou Stull, military personnel clerk (typing), received a Quality Salary Increase.

William E. Wiggins, janitor, received a Sustained Superior Performance Award.

HOSPITAL

HM1 Harold Adkins reenlisted for four years.

David W. Bailey was frocked as Captain, Medical Corps, which authorizes him to assume the title and wear the uniform.

Patricia A. Brisky was promoted to Lieutenant (junior grade), Nurse Corps.

Kathy A. Chapman was promoted to Lieutenant (junior grade), Nurse Corps.

Addie L. Colgan was promoted to Lieutenant (junior grade), Nurse Corps.

Virginia C. Davies was promoted to Lieutenant (junior grade), Nurse Corps.

Dennis M. Dennis was promoted to Lieutenant (junior grade), Nurse Corps.

Ann S. Hoffler, medical technologist, had a beneficial suggestion adopted.

LCdr Garry L. Holtzman augmented to the regular Navy.

Marianne T. Jessee, medical technologist, received a Quality Salary Increase.

Cynthia E. Lindsay was promoted to Lieutenant (junior grade), Nurse Corps.

Natalie A. Lott was promoted to Lieutenant (junior grade), Nurse Corps.

James C. McCann was promoted to Lieutenant (junior grade), Nurse Corps.

Lt Joseph A. Miller, Jr. augmented to the regular Navy.

Patricia J. O'Hare was promoted to Lieutenant (junior grade), Nurse Corps.

Kathleen M. Parker was promoted to Lieutenant (junior grade), Nurse Corps.

Peggy A. Pensyl was promoted to Lieutenant (junior grade), Nurse Corps.

Jessee M. Quarles, food service worker, received a Sustained Superior Performance Award.

Anna K. Semczuk was promoted to Lieutenant (junior grade), Nurse Corps.

Jacqueline M. Sloat was promoted to Lieutenant (junior grade), Nurse Corps.

Teresa A. Sutler was promoted to Lieutenant (junior grade), Nurse Corps.

HM2 Harry D. Walsh reenlisted for six years.

Elizabeth A. Ward was promoted to Lieutenant (junior grade), Nurse Corps.

Henrietta C. Watkins, cook, retired after 20 years of Federal Service, all at NNMC.

Barbara J. Willis was promoted to Lieutenant (junior grade), Nurse Corps.

HM1 Grover L. Wright reenlisted for two years.

NMTI

Gary L. Allen was advanced in rate to HM2.

Phillip Birka was advanced in rate to HM3.

HMC Roger Boyd reenlisted for four years.

Alexander Caverio was advanced in rate to HM2.

Chris Chrisohon was advanced in rate to HM2.

John H. Cross was advanced in rate to HM2.

Charles Genrich was advanced in rate to HM3.

Robert G. Hansen was advanced in rate to HM2.

Alvin Harding, Jr. was advanced in rate to HM2.

HM2 James D. Henderson reenlisted for six years.

Edward M. Houk was advanced in rate to HM3.

Effie P. Jackson, clerk (stenography), received a Quality Salary Increase.

Burrell C. Jones was advanced in rate to HM3.

Margaret C. Kane, supervisory correspondence course clerk (typing), received a Quality Salary Increase.

John R. Konicek was advanced in rate to HM3.

Eric Larson was advanced in rate to HM2.

Michael S. Lawton was advanced in rate to HM2.

Arnold Long was advanced in rate to HM2.

Daniel Marsick was advanced in rate to HM2.

Larry P. Mathis was advanced in rate to HM3.

Craig M. McCormick was advanced in rate to HM3.

Carl McCullough was advanced in rate to HM3.

John McGowan was advanced in rate to HM3.

Stephen B. Menke was advanced in rate to HM3.

Robert A. Miller was advanced in rate to HM2.

Walter H. Miller was advanced in rate to HM2.

John L. Monroe, Jr. was advanced in rate to HM2.

HM2 John F. Novak III reenlisted for six years.

Charles T. Pickerell was advanced in rate to HM2.

Terry G. Pudwill was advanced in rate to HM2.

Nicholas L. Purdin was advanced in rate to HM3.

Dominador R. Serrano was advanced in rate to HM2.

Richard Tallman was advanced in rate to HM2.

Tell E. Trebbi was advanced in rate to HM3.

NGDS

Ronald D. Baker was frocked as Captain, Dental Corps, which authorizes him to assume the title and wear the uniform.

Cdr William K. Bottomley was elected a Fellow of the American Academy of Dental Radiology.

Capt Frank N. Ellis was awarded a Fellowship in the American College of Dentists.

Capt Ronald G. Granger was awarded a Fellowship in the American College of Dentists.

Nathaniel Holleman was advanced in rate to DT2.

Thomas L. Hurst was promoted to Commander, Dental Corps.

Ronald Martin was promoted to Commander, Dental Corps.

DT2 Harry Mattern was presented a Good Conduct Award.

NMRI

Steven G. Allen, biological aide, received a Quality Salary Increase and an Outstanding Performance Rating.

Frederick W. Armstrong, engineering technician, received a Quality Salary Increase.

John C. Barranco was advanced in rate to ETR2.

Geraldine S. Blaske, military personnel clerk, received an Outstanding Performance Rating and a Quality Salary Increase.

John D. Boyer, biological laboratory technician, received an Outstanding Performance Rating.

Martin L. Donham was advanced in rate to ETR2. **Asa B. Dorsey**, animal keeper foreman, received a Sustained Superior Performance Award.

Frank B. Draper, biological aide, retired after six years of Federal Service, two here at NNMC.

Richard Grays, biologist, received a Quality Salary Increase.

Jerome Griffin, biological laboratory technician, received a Quality Salary Increase.

Marion Harris, personnel clerk (typing), received a Quality Salary Increase.

John D. Hill, janitor, received an Outstanding Performance Rating.

Robert Hoke was frocked as Captain, Medical Corps, which authorizes him to assume the title and wear the uniform.

Mary J. Holiman, secretary (dictating machine transcriber), received a Quality Salary Increase.

Elden L. Lawson, animal keeper, received an Outstanding Performance Rating.

Robert T. Long was advanced in rate to HM2.

Harold L. Martin, physical science technician, received an award for 30 years of Federal Service.

Lawrence W. Newman, biological laboratory technician, received an award for 30 years of Federal Service.

Jennie M. Orent, secretary (steno), had a beneficial suggestion adopted.

Westley Pederson was advanced in rate to HM2.

Robert Robertson, biological laboratory technician, received a Quality Salary Increase.

Edward L. Runkles, animal keeper foreman, received an Outstanding Performance Rating.

Robert A. Schlamm was promoted to Captain, Medical Service Corps.

Joseph B. Shelton, physical science technician, received an Outstanding Performance Rating and a Quality Salary Increase.

Cloyce P.A. Strome, research biologist, received a Quality Salary Increase, an award for 30 years of Federal Service, and a certificate for the accumulation of 1000 hours of sick leave.

George H. Thomas, animal keeper foreman, received an award for 30 years of Federal Service.

Donald E. Thorne was advanced in rate to HM2.

Thomas Williams, Jr., biological laboratory technician, received an award for 20 years of Federal Service.

NSHCA

Clifford V. Kovarik was frocked as Commander, Medical Service Corps, which authorizes him to assume the title and wear the uniform.

Lt John B. Tyndall was awarded the Meritorious Unit Commendation Medal and the Vietnamese Medical Service Medal Second Class.

NTU

Randall Koppenhaver was advanced in rate to HM2.

AFRRI

Edward Barron, supervisory laboratory technician, received a Quality Salary Increase.

SK2 R.E. Bowie was awarded the Joint Service Commendation Medal.

Virginia Keys, secretary, received a Quality Salary Increase.

LCdr Jack A. Nelson was awarded the Joint Service Commendation Medal.

Teri's tatlings

Give yourself a present this year-good health

by Therese Bartlett

Does your abdomen precede you through the kitchen door, and no newcomer due in Spring? Are you the goalpost at the family reunion football game? Does the long trek from the car to the front door wind you? Maybe what you really need for Christmas is a physical fitness program.

LCdr William Hoss Jr., Chief of Food Service Division of the Hospital, is appalled at the "rotundity in the chow line" and would like to see more people get involved in his favorite form of physical fitness, running.

Bill Hoss runs ten miles a day, and one look at the trophies in his office suggests that he isn't "hossing" around. He often talks of the satisfaction of knowing you are healthy or that you are giving your heart a break by tuning it up to less beats per minute, hence less strain.

Hoss is a "runner", with a background in track and cross country running in high school and college, and an eye toward a marathon soon (before he gets "too old" but not before he is ready to be number one).

Though he is a runner, Hoss is a great promoter of jogging. Under his influence, Lt. Sandra Doppelheuer,

clinical dietician for the hospital, has become an experienced jogger.

She too is distressed. Of the patients in her nutrition clinic, 98% are there for weight reduction. Too many of which she says, want crash programs to meet annual physical requirements.

Though her interest in jogging only began in June, she can already do a mile in eight minutes, which qualifies her a "runner." Her interest in physical fitness goes back farther than June though: she used to keep fit by walking up to tower 17 before she tried jogging.

Some tips Hoss and Doppelheuer would suggest to the newcomer would be: first, before undergoing any strenuous exercise, one should get a thorough physical exam, (especially for those over 35). The jogging should be done on a regular basis, with set times. And the length of time spent exercising is more important than the energy expended. That is, a half hour jog is worth more than quick sprints. It is also recommended that the novice find an interesting place to run, through the woods, around NIH, or around Stone lake. A run in the gym is good exercise but it may bore the potential devotee.

Embarrassment is another deterrent, especially to those women who take seriously the jokes about jogging through Georgetown in supposed alarm with a bevy of barking bowlers. Joggers have increased so in numbers that onlookers and dogs have long ignored them. Most important, our food and jog friends would add as a final note that exercise is not enough. A controlled diet is a must in any physical fitness program.

As an added incentive to those who wish to begin a program of jogging, Special Services has begun a new club, run by Bill Dwyer. The club is called the NNMC Joggers club. Members of the club, including Sandy Doppelheuer, Bill Hoss and 15 to 20 doctors, corpsmen, and marines, run every day on measured trails on the base. These accomplishments are logged and tallied, and when a member reaches 25 miles, he gets a reward of a navy blue sweat suit lettered NNMC from Special Services. After 100 miles a plaque is presented.

So if you are tired of being everyone's first choice as the perfect Santa, get yourself a forest green sweatsuit and jog along with Sandy, who sports a fire-engine red one. And Merry Christmas to all and to all a good jog!!



After fourteen years of keeping the Naval School of Health Care Administration spic and span, Irving Prather, right, is leaving. He is going to a higher grade, two buildings away, at the Naval Medical Research Institute. Presenting Mr. Prather with a memento of his years at NSHCA is Capt. William J. Green Jr., commanding officer of the School.

In a Certificate of Appreciation to Mr. Prather, Capt. Green stated, "Your cheerful dedication to duty and your intense interest in your job have contributed greatly to the immaculate appearance of NSHCA spaces. The Inspector General, Medical, recently commented favorably on the exceptional appearance of the School."

Before working at the school, Mr. Prather had worked for six years at the NNMC Laundry.

Twix the lines

CNO has announced a series of wide-spread reductions in personnel programs for the rest of this fiscal year. A new enlisted early release program, as well as advancement and promotion delays, have become necessary due to increased personnel costs and budgetary restrictions.

With the general exception of those serving in the sixth fleet, seventh fleet, and MIDEASTFOR, or on the deployed SSN/SSBN's, and in certain other cases, enlisted members whose EAOS falls in December, January, or February, will be released no later than December 10.

Those scheduled for release in March are to be out no later than February 10. A continuing early out program is a possibility for the rest of the fiscal year.

Cuts in the Navy's overall enlisted strength will result in a reduction of petty officer promotions by about 23,000. This will be reflected in the August and February exam advancement lists. Additionally, 31,000 advancements planned for February through May could be delayed into June.

Officer promotions will also suffer various delays. Promotions to Captain and Lieutenant Commander will be delayed six months, beginning December 1. Medical officer promotions to Captain will be delayed the same length of time, commencing January 1. As of February 1, Lieutenants, junior grade, will need 45 months active commissioned service to be promoted to Lieutenant. And beginning January 1, Ensigns will require 21 months active commissioned service for promotion. This delay affects Ensigns with dates of rank later than July 1, 1971.

The total number of officer and enlisted moves in fiscal year 1973 will also be reduced, due to restrictions on permanent change of station funds.

CERA picks new officers for 1973

The Civilian Employees Recreation Association (CERA) has elected new officers for the coming year. They will be installed on December 19.

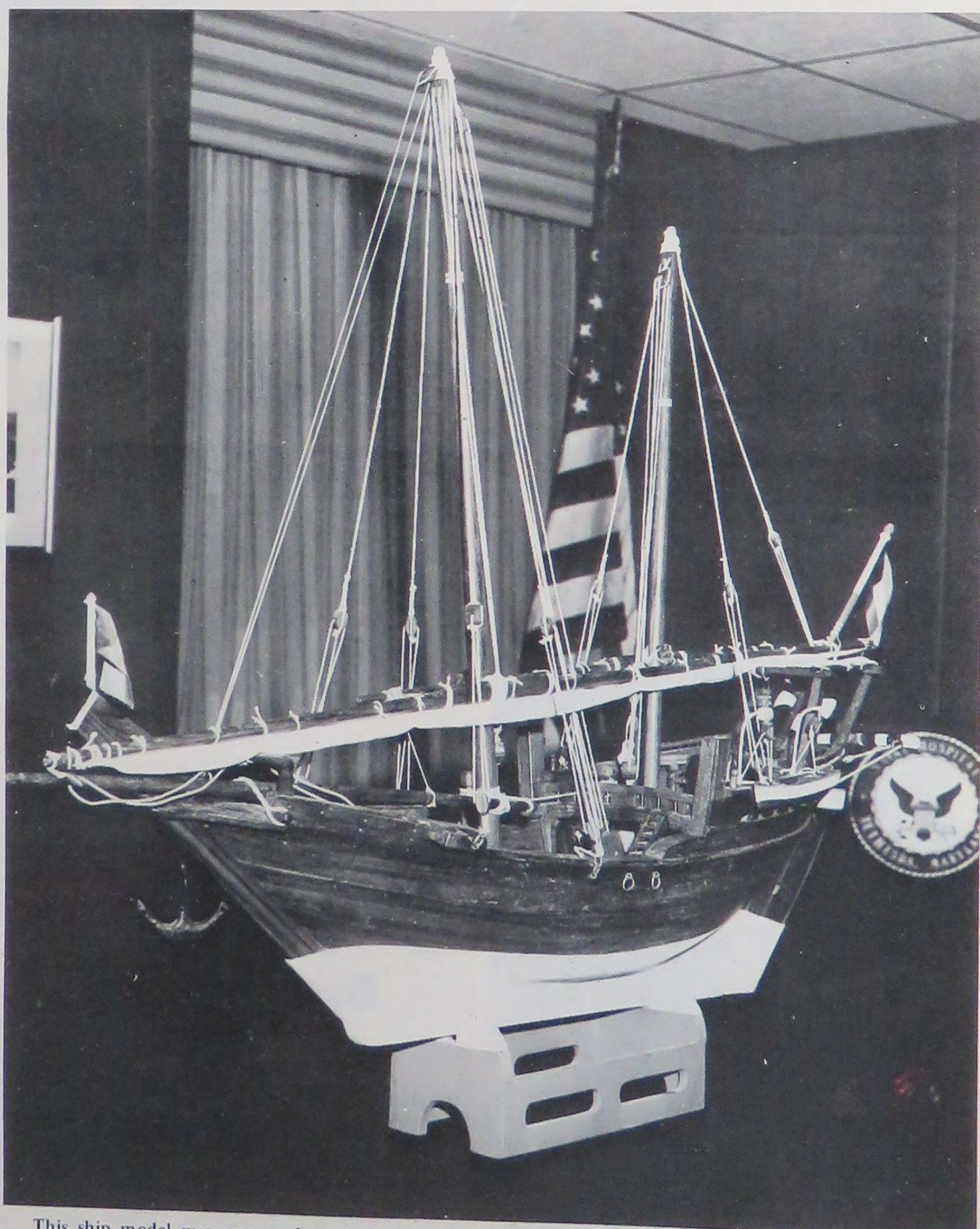
The new officers are: Margaret Gates, president; Margaret Beach, vice president; Alice Banks, treasurer; Patricia Simmons, recording secretary; and Ruth Crowley, corresponding secretary.

Three members of the board of directors were also elected. They are Johnnie Briscoe, Cecelia Isaacson, and Virginia Stewart.

Mrs. Gates says her first goal is to make CERA "more visible" to Center employees. She has several projects in mind to accomplish this, but wants to keep them under wraps until she is officially installed.

Members of CERA receive discounts on goods and services from area merchants and are offered reduced rates on CERA activities such as picnics and dances.

The group also helps set up clubs when enough members express an interest.



This ship model was presented to the Hospital by His Highness the Amir of Kuwait as an expression of thanks following his treatment here.

The ship is a Kuwaiti dhow which was used for centuries to carry trade between the Indian

Sub-Continent and East Africa. The importance of these ships to the Country of Kuwait is reflected by a picture of a dhow being part of the national seal.

A showcase is being constructed and the ship will be on display in the rotunda of the Tower building.

Basketball teams fight to finish

The first half of the intramural basketball season will go down to the wire before the winner is decided. As we go to press, the Naval Security Station team No.1 has a one game lead over the Cardiology and Towers teams.

Towers meets NavSecSta No.1 in the last game of the first half. Should Towers pull off an upset, it would cause a three-way tie for first.

NavSecSta won the league last year, with their team called the "Gunners." This year they entered two teams, both under the NavSecSta banner.

The second half of the season begins January 9, with a three-day practice round to allow players to get back into the groove following the holiday layoff.

The winners of the first and second halves will play each other for first and second place in the league. The remaining seven teams will play a tournament to decide playoff champion and runner-up. Altogether, four teams will be receiving trophies.

Members of the intramural teams will make up two all-star teams from the Center to compete in the 1972-73 Naval District Washington Intramural tournament March 5-9. The Tournament will be held here for the seventh straight year.

The Center teams will be coached by Andy Milhouse and Dan Hutchinson.

Basketball standings

TEAM	RECORD
NavSecSta #1	5-0
Cardiology	5-1
Towers	4-1
Doctors	4-2
NMRI	3-4
NGDS	2-4
AFRRI	2-4
NavSecSta #2	1-4
NP	0-6

Individual statistics

NAME	TEAM	GAMES	TOTALS	AVE.
Hornsberger	Doctors	5	98	19.3
Sipp	NSS#2	4	73	18.1
Rogers	Towers	5	83	17.0
Taylor	NSS#2	3	51	17.0
Lewis	NSS#1	5	77	15.2
Hanna	Towers	5	76	15.1
Edwards	AFRRI	3	46	15.1
Cowan	Doctors	5	75	15.0
Hagen	Card.	5	73	14.3
Middletown	AFRRI	3	44	14.2
Martin	NSS#1	5	71	14.1
Murray	NMRI	6	70	14.0
Kern	NP	3	42	14.0
Small	NGDS	6	75	12.3
Jenkins	Card.	5	61	12.1

NH Philly gets MUC

The Naval Hospital, Philadelphia, has been awarded the Meritorious Unit Citation for the period of January 1, 1966 to January 1, 1967.

Anyone attached to that hospital during this period should contact the military personnel department to determine if they are eligible for this award.

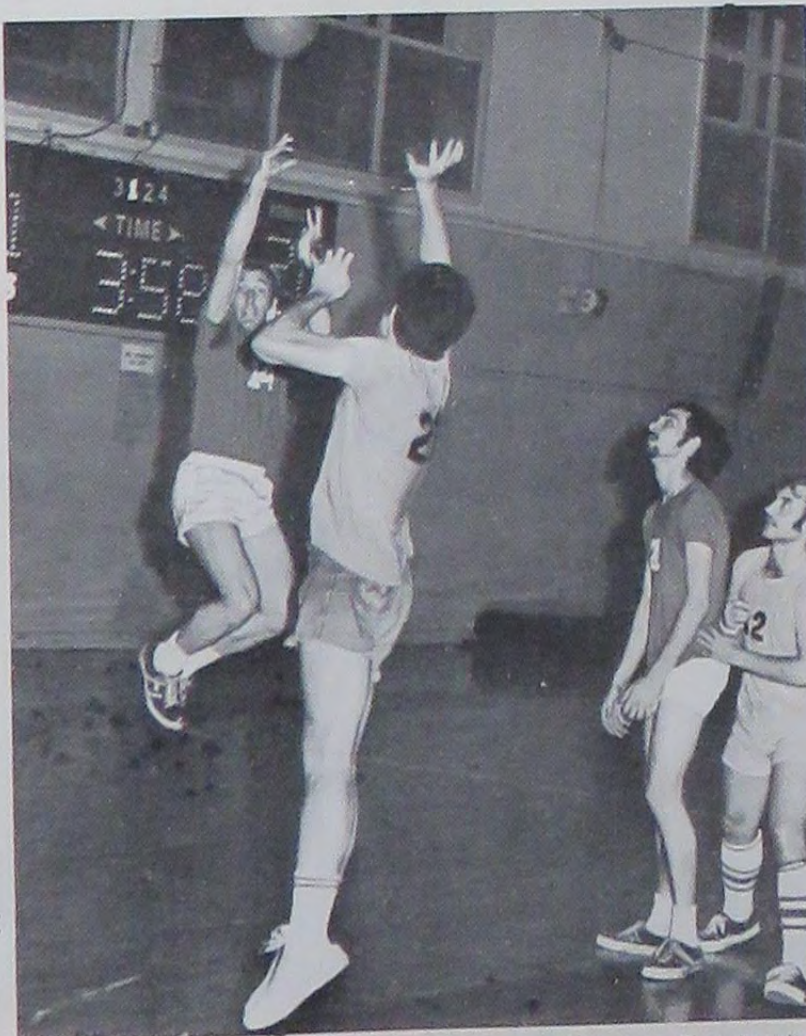


photo by HM2 Ken Dougherty

Denny Garner sinks a jump shot for the Towers team over the outstretched arm of Wells Gage of Cardiology. Looking on are Steve Bateman, left, and Les Swafford.



photo by HM2 Garry Silk

Dennis Robey shoots for the Doctors as an AFRRI player tries to block the shot.

Volleyball team

The Center Volleyball team is continuing its winning ways. With only two matches left to play, they have 23 wins to only 1 loss in the Montgomery County Recreation Department Tuesday night "B" league.

After the first of the year, the team will compete in a round-robin, double elimination tournament with two other "B" leagues.

There is still room on the team roster for one or two experienced players. Anyone interested should call Bruce Wilson at 51290.

Physician assistant

(Continued from page 3)

evaluation and patient care. When the first class graduates in June 1974 they will be well trained for managing almost all routine out-patient care problems plus they will have experience in the treatment of trauma cases and medical emergencies. All tasks performed by them, however, will be done under the supervision of a physician, either directly or indirectly.

For information on the program call Cdr Charles J. Pearce at 50159.

Dasler award

(Continued from page 6)

problems. Dr. Dasler's use of advanced multiparameter monitoring and computer data processing techniques resulted in major breakthroughs in areas such as; heat acclimatization, high temperature, tolerance limits, and biomedical evaluation of emergency devices designed to save lives in shipboard disasters.

Dr. Dasler also serves as head of the Thermal Stress Section, Industrial Environmental Health Division, of the Bureau of Medicine and Surgery. He serves as a consultant on heat and cold stress problems for numerous military and civilian agencies. In addition, he serves as a liaison with agencies of the British government.



Two attendees of the NNMC Christmas Dance groove to the music of Woody Herman and his orchestra. Over 200 staff and students, and their guests attended this annual event.